



Local Wellness Policy Assessment Tool

Overview

This assessment tool should be completed annually by the New Vision Academy Director of Operations and shared with its School Wellness Committee (members can include teachers, other staff, students, parents, community partners). The State Education Office will also monitor the status of the local wellness policy while conducting reviews and site visits to ensure that the school's activities remain in compliance with its wellness policy.

Completion of the assessment tool will help New Vision Academy determine if it is meeting the expectations of its School Wellness Policy, so as to ensure that it is providing a healthful and wellness-promoting environment for all Preppies.

Questions

If you have questions about the assessment tool, please contact LaKesha Malone, Director of Operations, at 615-445-8711 or lakesha.malone@newvisiontn.org.



Section 1: Ensuring Quality Nutrition Education, Health Education, Physical Education, and Opportunities for Physical Activity				
Wellness Policy Language	Fully in Place X	Partially in Place X	Comments on Partially In Place Status (if applicable)	Not in Place List steps needed to implement; include challenges/barriers to implementation (if applicable)
Health and Nutrition Education				
New Vision Academy will provide health and nutrition education that:				
Includes health education for students in grades 5 – 8.	X			
Is offered at each grade level, 5 – 8, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	X			
Integrated into other content areas such as math, science, language arts, and social sciences.	X			
Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, school gardens, etc.	X			
Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.	X			
Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).	X			
Links with school meal programs, other school foods, and positively impacts students, families, and the overall health of the community.	X			
Teaches media literacy with an emphasis on food marketing.	X			
Includes training teachers, parents, and/or community partners		X		Training for teachers is provided during in-service in July/August. There is still a need to develop and implement training for parents and/or community partners.



Physical Education and Opportunities for Physical Activity				
New Vision Academy will ensure that:				
Physical Education is provided to students each nine-weeks.	X			
The program includes a curriculum that connects and demonstrates the relationship between physical activity, good nutrition, and health.	X			
Physical education staff appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions.	X			
The requiring or withholding of physical activity (i.e., running laps, pushups, etc.) as punishment is prohibited.	X			
Section 2: Establishing Nutritional Guidelines for All Foods Served and Sold on Campus				
Wellness Policy Language	Fully in Place	Partially in Place	Comments on Partially In Place Status (if applicable)	Not in Place List steps needed to implement; include challenges/barriers to implementation (if applicable)
	X	X		
Meal Service				
New Vision Academy will ensure that meals served through the National School Lunch and Breakfast Programs:				
Are appealing and attractive to students.	X			
Are served in clean and pleasant settings.	X			



Meet, at a minimum, all nutrition regulations for the NSLP.	X			
Offer a variety of fruits and vegetables	X			
Serve only low-fat (1%) and fat-free milk, or nutritionally-equivalent non- dairy alternatives (to be defined by USDA)	X			
Provide whole grains as half of the grains served	X			
Breakfast				
New Vision Academy will:				
Offer free breakfast to all students in the cafeteria.	X			
Notify parents of the availability of the school breakfast program.	X			
School Snacks				
Snacks served during the school day or in after-school care will:				
Follow the nutritional standards set forth by the USDA and HSA	X			
Make a positive contribution to students' diets and health	X			
Emphasize serving fruits and vegetables as the primary snack and water as the primary beverage	X			
Consist of 6 ounces of 100% fruit or vegetable juice, when juice is served	X			



Foods and Beverages Sold Individually in Vending Machines, A la Carte Lines, and Fundraisers				
New Vision Academy does not have vending machines, nor do we sell foods or beverages individually to students through a la carte line.	X			
Any foods or beverages sold in vending machines, a la carte lines, and fundraisers must meet the serving requirements of the USDA's Healthier US School Challenge program at the Gold Awards Level for competitive food.	X			
Rewards				
New Vision Academy will not use foods or beverages, especially those that do not meet the nutritional standards above, as rewards for academic performance or good behavior.	X			
Fundraising				
Fundraising activities at New Vision Academy will not involve food or will only use foods that meet the nutritional standards. New Vision Academy will encourage fundraising activities that promote wellness and physical activity.	X			
Food Marketing in Schools				
School-based marketing will be consistent with nutrition education and health promotion.		X		School based marketing should be conducting frequently beyond National School Lunch & Breakfast weeks.
School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.		X		Low nutrition foods are not promoted, however more deliberate marketing is needed.
Celebrations				
New Vision Academy will limit celebrations that involve food during the school day. Each party should include food and beverage items that meet the nutritional standards.	X			
The school will disseminate a list of healthy or non-food party ideas to parents and staff.	X			



Third-Party Vendors				
New Vision Academy will not permit third-party vendors to sell foods or beverages of any type o students on school property.	X			
Section 3: Assurance that Guidelines for School Meals are Not Less Restrictive than Those Set at the Federal Level by the Secretary of Agriculture.				
Wellness Policy Language	Fully in Place X	Partially in Place X	Comments on Partially In Place Status (if applicable)	Not in Place List steps needed to implement; include challenges/barriers to implementation (if applicable)
The Director of Operations will review this policy and ensure that the standards in this policy are not less restrictive those set forth by the federal or state law.	X			
Section 4: Improving Environmental Sustainability				
Wellness Policy Language	Fully in Place X	Partially in Place X	Comments on Partially In Place Status (if applicable)	Not in Place List steps needed to implement; include challenges/barriers to implementation (if applicable)
Environmental Sustainability				
New Vision Academy will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:				
Establishing a school garden.	X			New Vison Academy has had a garden for five years. The school relocated and plans to plant a new garden at the new location.
Section 5: Community				
Wellness Policy Language	Fully in Place X	Partially in Place X	Comments on Partially In Place Status (if applicable)	Not in Place List steps needed to implement; include challenges/barriers to implementation (if applicable)



The development of the school wellness policy will include the Director of Operations, representatives from school staff and administration, parents, and students, comprising the School Wellness Committee.	X			
New Vision Academy will disseminate its wellness policy to parents.	X			
Section 6: Establishing a Plan for Measuring the Impact and Implementation of the Local Wellness Policy				
Wellness Policy Language	Fully in Place X	Partially in Place X	Comments on Partially In Place Status (if applicable)	Not in Place List steps needed to implement; include challenges/barriers to implementation (if applicable)
New Vision Academy will utilize its School Wellness Committee for the development and monitoring of the wellness policy.	X			
This Committee shall also be responsible for reviewing the policy annually.	X			

Assessment Completion Date: May 19, 2017

Completed by: LaKesha Malone, Director of Operations



NEW VISION ACADEMY
No Limits, No Boundaries to Learning