

Great Valley Academy

Wellness Policy Assessment Tool

This assessment tool is used to track progress and gather ideas for a healthier school environment. A separate assessment is to be completed for each Great Valley Academy campus. The wellness policy and completed assessments must be made available to the public. (Reference Great Valley Academy policy 2017.035)

Date: 5-19-2022

Reviewer: MARISA meeks

Campus: MULTI

I. School Wellness Committee

The following participate in the development, implementation and evaluation of our wellness policy: (Check all that apply)

- | | | | |
|---|---|--|---|
| <input checked="" type="checkbox"/> Administrators
<i>Ruehle</i> | <input checked="" type="checkbox"/> School Food Service Staff
<i>Zuidema</i> | <input checked="" type="checkbox"/> P.E. Teachers
<i>Schipper</i> | <input type="checkbox"/> School Board Members |
| <input type="checkbox"/> Student
<i>Meeks</i> | <input type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Parents
<i>Ruehle</i> | <input type="checkbox"/> Public |

Yes No

- ☒ ☐ GVA has a designee in charge of the wellness policy compliance?

Name/Title: MARISA meeks, Chief operating officer

II. Wellness Policy Implementation & Monitoring

Yes No

- ☒ ☐ The GVA wellness policy and assessment are available for public review?

Describe: GVA website

- ☒ ☐ The GVA wellness committee reviews the policy at least four times per school year? If no, # of times _____

III. Nutrition

Yes No

- ☒ ☐ GVA participates in the National School Lunch Program?
- ☒ ☐ GVA offers meals that are accessible to all students?
- ☒ ☐ GVA offered meals meet or exceed the current nutrition requirements set forth by the USDA?
- ☒ ☐ GVA students are allowed at least 20 minutes to eat lunch daily?
- ☒ ☐ All food service staff meet or exceed the annual continuing education/training requirements?
- ☒ ☐ GVA makes drinking water available within a proximity of where school meals are served?
- ☒ ☐ GVA does not allow competitive foods or beverages to be sold during the school day? (6am to 30 mins after conclusion)
- ☒ ☐ GVA provides staff and parents with a list of recommended USDA Smart Snacks for classroom parties, etc.?
- ☒ ☐ GVA does not allow food-based fundraisers during the school day?
- ☒ ☐ GVA promotes the school meal program and its benefits to students and parents?
- ☒ ☐ GVA provides nutrition education and engages in nutrition promotion?
- ☒ ☐ GVA does not allow marketing of foods or beverages to students during the school day?

IV. Physical Activity

Yes No

- ☒ ☐ GVA students participate in physical activity daily?
- ☒ ☐ Physical activity is not withheld from students as a form of punishment?
- ☒ ☐ All GVA students are offered an equal opportunity to participate in physical education classes?
- ☒ ☐ All GVA students receive a minimum amount structured physical education based on grade level?

- ☒ ☐ GVA includes health education curriculum in the essential topics of healthy eating, fitness, etc.?
- ☒ ☐ GVA students are offered at least 20 minutes of recess per day?
- ☒ ☐ GVA ensures students have access to hand-washing facilities after recess and prior to meals?
- ☒ ☐ Teachers serve as role models by being physically active alongside students, when feasible?
- ☒ ☐ GVA encourages students to be physically active both before and after school?

V. Other Activities that Promote Student Wellness

Yes No

- ☒ ☐ GVA works to integrate wellness activities across the entire school setting?
- ☒ ☐ GVA builds community partner relationships in support of the wellness policy? *Jog-a-thon SPONSORS*
- ☒ ☐ GVA promotes wellness to parents/guardians, families and the general community?
- ☒ ☐ GVA actively notifies families of opportunities to participate in school-sponsored activities? *parents participate in jog-a-thon*
- ☒ ☐ GVA works to provide staff members with wellness resources for healthy living?
- ☒ ☐ GVA offers annual professional learning opportunities to staff, when feasible? *Promotion of Community sports leagues*

VI. Progress Report

Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy. If items are marked "no", please explain.

Family meeting topics in classrooms on health + wellness.
Resuming family fitness nights - Modesto + Jump for Heart
Collaborative coffees → address health and wellness
Before/After school Bike Riding + walking to/ from school
Additional electives
GVS program

VII. Contact Information

For more information about the GVA wellness policy, or ways to get involved, please contact the following:

Name: MARISA MECKS

Phone: 209-576-2283