

OPELOUSAS FAMILY WORSHIP CENTER WELLNESS PLAN

2021 ASSESSMENT

The following are plans, target groups, implementation dates, and indication of completion toward goals outlined in the wellness plan. Please note that we are striving to make annual progress to meeting the wellness goals in the plan.

Activity Planned	Targeted Group & Implementation	Date of Implementation	Completed?
Physical Education /Recess **All students in grades pre-k to 8 <sup>th</sup> grade receive a minimum of 60 minutes of physical activity daily during the school day.	Students in grades pre-k – 8 <sup>th</sup> grade Daily schedules reflect recess and PE for all students	School days	Yes
Nutrition Taught As Part of Science Curriculum **Students will receive nutrition education as a part of science curriculum.	All students in all grades Lesson plans include nutrition	Throughout the school year	Yes
Hydration Promoted **Water is readily available to students throughout the school day.	All students in all grades -Water fountains, cups, and bottled water available in all buildings.	Throughout the school year	Yes
**Outdoor activities planned to increase physical activity.	Extended outdoor playtime	Throughout the school year	Yes
Informational Luncheon **Informational brochures and flyers with tips related to nutrition and physical activity at home provided to parents and caretakers.	Parents/Guardians/Community -Event hosted by Family Worship Christian Academy	Canceled due to COVID	No
Family Fun Day **Information promoting cancer	Students/Staff/Parents/Community -Event hosted by Family Worship Christian Academy	10-29-2020 Canceled due to COVID	No

awareness provided to families. **Games and activities promoting physical activity outdoors provided for attendees.			
Healthy Snacks Only **The school provides a list of approved snacks that parents can send for lower elementary students. **Students receive a list of approved snacks that students can bring to eat during standardized testing breaks. This helps to promote clear thinking during the test.	Parents/students -Lists are sent home from school to all parents in grades indicated	All year (grades pre-k – 1 <sup>st</sup> ) and during standardized testing for grades 3 – 12.	Yes

Assessment of the wellness plan performed by:

*Cathleen Richard*

Cathy Richard

Site Manager

8-2-21

Date

*Alysa Richard*

Alysa Richard

Principal

8-2-21

Date

*Carla Donato*

Carla Donato

Manager

8/2/21

Date