

Opelousas Family Worship K-12

**Family Worship Christian Academy
Opelousas, La 70570
337-942-1563**

Principal: Alysia Richad

Cafeteria Director: Cathleen Richard

Completed, most recent Wellness Policy Assessment Tool and Website link to where the assessment has been publicly posted.

Opelousas Family Worship Center

School Wellness Policy Self-Assessment Tool

SFA: Opelousas Family Worship Center

Due Date: October 2025

Completed By: Cathleen Richard (Director), Deana Rideaux (Administrator)

Federal Requirement: 7 CFR §210.31 – Local School Wellness Policy Implementation & Review

Section 1: General Policy Implementation

Question	Response Options	Notes
Does the school have a written Local Wellness Policy (LWP)?	☒ Yes / ☐ No	Last updated: 8/1/2024
Is the LWP accessible to the public (website, handbook, etc.)?	☒ Yes / ☐ No	Website: www.fwcaonline.org
Has the Wellness Committee met within the past year?	☒ Yes / ☐ No	Initial meeting held: 8/21/24
Does the policy include measurable goals in all required areas?	☒ Yes / ☐ No / ☐ Partially	Review needed in Physical Activity section
Are wellness efforts integrated into the school improvement plan (SIP)?	☐ Yes / ☒ No / ☐ In Progress	Plan to include wellness goals in 2026 SIP

Section 2: Nutrition Promotion & Education

Question	Rating	Notes
Nutrition education is provided in grades K–8	☒ Fully / ☐ Partially / ☐ Not Yet	Integrated into science and health classes
School promotes healthy eating using signage, displays, or events	☒ Fully / ☐ Partially / ☐ Not Yet	Posters in cafeteria; themed days planned
Nutrition education is aligned with the Dietary Guidelines for Americans	☒ Yes / ☐ No / ☐ Not Sure	Curriculum uses USDA-aligned materials

Teachers and staff model healthy eating behaviors

☐ Fully / ☒ Partially
/ ☐ Not Yet

Training needed for non-cafeteria staff

Section 3: Nutrition Standards

Question	Rating	Notes
All reimbursable meals meet USDA meal pattern requirements	☒ Yes / ☐ No	Verified via production records
All competitive foods (Smart Snacks) meet federal guidelines	☒ Yes / ☐ No / ☐ N/A	No food items are sold
School food service staff receive ongoing training	☒ Yes / ☐ No	Annual Civil Rights and meal compliance training completed

Section 4: Physical Activity

Question	Rating	Notes
Students receive regular PE (per state or local standards)	☒ Yes / ☐ No	PE required for all K–8 students
Recess or structured physical activity is provided outside of PE	☐ Fully / ☒ Partially / ☐ Not Yet	ALL grades have daily recess; upper grades need structured time
Staff encourage physical activity during and outside the school day	☐ Fully / ☒ Partially / ☐ Not Yet	Initiative needed for classroom activity breaks
Facilities are available for physical activity outside school hours	☐ Yes / ☒ No	Currently locked after hours for safety

Section 5: Other School-Based Wellness Activities

Question	Rating	Notes
School hosts wellness-related events or campaigns	☒ Yes / ☐ No	Previous: Healthy Eating Week; more planned

Mental and emotional well-being are supported through school programs	☐ Fully / ☒ Partially / ☐ Not Yet	Basic counseling services available
Staff wellness programs or initiatives are offered	☐ Yes / ☒ No / ☐ In Progress	Consider monthly wellness newsletter or step challenge
Parents/families are engaged in wellness efforts	☐ Fully / ☒ Partially / ☐ Not Yet	Wellness updates in newsletters; survey planned

Section 6: Policy Review & Assessment

Question	Response Options	Notes
Has the LWP been assessed in the past 3 years?	☒ Yes / ☐ No	Last reviewed: 2022
Does the assessment identify measurable outcomes and improvements?	☒ Yes / ☐ No	Outcomes aligned to NSLP performance
Will the policy be updated based on this assessment?	☒ Yes / ☐ No	Update planned for November 2025
How will assessment results be shared with the public?	☒ Website / ☒ Newsletter / ☐ School Board / ☐ Other	Summary report to be posted online

Section 7: Summary of Strengths, Challenges & Priorities

Area	Strengths	Challenges	Priority for 2025–2026
Nutrition Education	Curriculum alignment	Cross-curricular integration	☒ Yes
Nutrition Standards	Compliance met	Ongoing training for support staff	☒ Yes
Physical Activity	PE provided	Activity for upper grades	☒ Yes
Promotion & Engagement	Cafeteria visuals	Low student interest	☒ Yes

Family Engagement

Basic
communication

No events yet

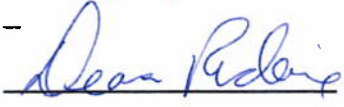
☒ Yes

★ Next Steps

1. **Update Local Wellness Policy** to reflect findings
 2. **Incorporate structured physical activity** into Grades 6–8 schedules
 3. **Develop a staff wellness initiative** (pilot by Spring 2026)
 4. **Post assessment summary online and distribute to stakeholders**
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✍ Certification of Completion

We certify that this wellness policy self-assessment was completed in good faith and reflects the current status of health and wellness efforts at Opelousas Family Worship Center.

Name	Title	Signature	Date
Cathleen Richard	Director		<u>10/1/25</u>
Deana Rideaux	School Administrator		<u>10/1/25</u>