

# New Testament Christian Academy

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2/14/2025

A local wellness policy guides efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Renee Johnson.

### Section 1: Policy Assessment

*Overall Rating:*  
**29**

Ratings are based on a four-point scale to measure success in meeting/complying with each policy objective.

- 0 = objective not met/no activities completed
- 1 = objective partially met/some activities completed
- 2 = objective mostly met/multiple activities completed
- 3 = objective met/all activities completed

Nutrition Standards for All Foods in School	Rating
<p><b>The designated official for oversight of the wellness policy is R. Johnson - Director and S. Nelson - Staff. The officials shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.</b></p> <p><b>NTCA shall convene a Wellness Committee that meets at least one time during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.</b></p> <p><b>NTCA shall invite a diverse group of members to participate in the development, implementation, and periodic review and update of the wellness policy. Members may include:</b></p> <ul style="list-style-type: none"> <li>• Administrator</li> <li>• School food service representative</li> <li>• Other staff with food service experience and/or administrative experience</li> </ul>	1
<p><b>Nutrition Standards for All Foods</b></p> <p><b>NTCA is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.</b></p>	3
<p><b>Standards and Guidelines for School Meals</b></p> <p><b>NTCA is committed to ensuring that:</b></p> <ul style="list-style-type: none"> <li>• All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. The policy should include a link to USDA meal pattern requirements or list individually.</li> <li>• All meals are accessible to all students.</li> <li>• Withholding food as a punishment shall be strictly prohibited.</li> </ul>	2

<b>Nutrition Standards for All Foods in School</b>	<b>Rating</b>
<ul style="list-style-type: none"> <li>Drinking water is available for students during mealtimes.</li> </ul>	
<b>Foods and Beverages Sold Outside of the School Meals Program</b> <ul style="list-style-type: none"> <li>Excluding exceptional fundraisers, all food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The policy should include a link to the USDA Smart Snacks standards or list individually.</li> <li>NTCA adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.</li> </ul>	3

<b>Nutrition Promotion</b>	<b>Rating</b>
<b>Marketing</b> Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.	2
<b><i>Foods Provided but Not Sold</i></b> All foods offered on the school campus shall meet or exceed the USDA Smart Snacks in (School nutrition standards do not include food provided at celebrations and parties and classroom snacks brought by staff, students, or family members.) Otherwise, foods offered on the school campus shall meet or exceed the USDA Smart Snacks in School nutrition standards. Students may access the share table for additional servings.	3
<b>Nutrition Promotion</b> Posters may be displayed to promote nutrition	1
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

<b>Nutrition Education</b>	<b>Rating</b>
<b>Nutrition Education</b> Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. Nutrition education shall be provided to families as well.	1
{Insert Policy Statement}	{Select Score}

<b>Nutrition Education</b>	<b>Rating</b>
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

<b>Physical Activity and Education</b>	<b>Rating</b>
<b>Physical Activity</b> <b>NTCA shall provide students with age and grade appropriate opportunities to engage in physical activity.</b>	3
<i>Physical Education</i> <b>Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.</b>	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
<b>Other School Based Activities that Promote Wellness</b> <b>As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.</b>	3
<i>Staff Wellness</i> <b>NTCA will implement the following activities below to promote healthy eating and physical activity among school staff.</b> <ul style="list-style-type: none"> <li>• Educational activities for school staff members on healthy lifestyle behaviors.</li> <li>• The school shall provide a blood-pressure monitor, an oxygen monitor, and a scale for the staff members to use to self-monitor their health.</li> </ul>	
<b>Community Engagement</b> <b>NTCA shall work with community partners, including the health department and dental clinics to support NTCA wellness.</b>	3
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<b>Monitoring and Evaluation</b> <b>NTCA wellness policy will be updated as needed based on evaluation results, NTCA changes, emersion of new health science information/technology, and/or new federal or state guidance are issued.</b>	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

## Section 2: Progress Update

NTCA added staff wellness devices since the last administrative review. The director/manager is also more intentional about meeting the policy guidelines moving forward.

### **Section 3: Model Policy Comparison**

A required component of the triennial assessment is to utilize the Rudd Center's Wellness School Assessment Tool (WellSAT) for comparison of the Local Wellness Policy to a Model Wellness Policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identified policy strengths and areas for improvement.

#### **Local Wellness Policy Strengths**

We daily provide healthy breakfasts and lunches. I appreciate the partnership with MCFI.

#### **Areas for Local Wellness Policy Improvement**

We can improve in education, promotion, evaluation, and implementation of the policy.