

Student Wellness Policy Assessment

Site: CABA Sponsor: North Carolina Charter Educational Foundation

Section 1 <u>Nutrition Education and Promotion</u>	Fully in Place	Partially in Place	Under Development	Not in Place
Health education taught in all grades		✓		
Sequential health education curriculum consistent with standards		✓		
Essential topics on physical activity		✓		
Essential topics on healthy eating		✓		

Section 2 <u>School-based Activities Designed to Promote Student Wellness</u>	Fully in Place	Partially in Place	Under Development	Not in Place
Provide adequate time for students to eat breakfast (at least 10 minutes)	✓			
Provide adequate time for students to eat lunch (at least 20 minutes)	✓			
Access to free drinking water	✓			
Access to hand washing before meals and snacks	✓			

Section 3 <u>Physical Activity</u>	Fully in Place	Partially in Place	Under Development	Not in Place
Recess	✓			
Adequate physical activity facilities	✓			
Adequate time for physical activity	✓			
Prohibit using physical activity as punishment	✓			

Section 4 <u>Nutrition Guidelines for Foods Sold During the School Day</u>	Fully in Place	Partially in Place	Under Development	Not in Place
All foods offered or sold during the school day meet strong nutritional standards	✓			
All beverages offered or sold during the school day meet strong nutritional standards	✓			
Fundraising efforts during school hours meet strong nutritional standards	✓			
Prohibit using food as punishment	✓			

<p style="font-size: 1.2em; margin: 0;">Craig Paul</p> <p style="text-align: center; margin: 0;">Name</p>	<p style="text-align: center; margin: 0;">Signature</p>	<p style="font-size: 1.2em; margin: 0;">12/8/16</p> <p style="text-align: center; margin: 0;">Date</p>
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