

Tampa Bay Christian Academy - Wellness Policy Triennial Assessment Tool

Date of Assessment: April 4, 2025

Assessment Lead(s): Matthew Peanyhouse

Committee Members Present: Matthew Peanyhouse, Tiffany Vazquez, Helen Lagos, Jakiah Hardy, Yara Perez

Section 1: General Policy Compliance

Assessment Question	Yes	No	Partial	Notes/Evidence
Has the Wellness Policy been reviewed in the past 3 years?	✓			
Is the policy available to the public (website, front office, etc.)?	✓			
Are stakeholders involved in policy updates?	✓			
Does the policy include goals for nutrition, physical activity, and wellness?	✓			
Has a wellness committee or team met in the past year?	✓			

Section 2: Nutrition Promotion & Education

Assessment Question	Yes	No	Partial	Notes/Evidence
Is nutrition education provided at all grade levels?	✓			
Is nutrition education integrated into other subjects (e.g., science, PE)?	✓			
Are healthy foods promoted throughout the school (signage, announcements, etc.)?	✓			
Are food and beverages sold/served at school compliant with Smart Snacks standards?	✓			
Are rewards/celebrations using non-food or healthy food items?	✓			

Section 3: Physical Activity

Assessment Question	Yes	No	Partial	Notes/Evidence
Do students receive physical education on a regular basis?	✓			
Is recess provided daily for elementary students?	✓			
Are teachers encouraged to use physical activity breaks during class time?	✓			
Are students discouraged from losing recess/PE as punishment?	✓			
Are extracurricular physical activity opportunities available?	✓			

Section 4: School Meals & Environment

Assessment Question	Yes	No	Partial	Notes/Evidence
Do school meals meet USDA nutrition standards?	✓			
Are students given adequate time to eat (minimum 20 minutes once seated)?	✓			

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Are water fountains or water refill stations accessible throughout the day?	✓			
Are staff encouraged to model healthy eating behaviors?			✓	
Are students involved in meal planning, taste tests, or garden activities?		✓		

Section 5: Wellness Promotion & Staff Wellness

Assessment Question	Yes	No	Partial	Notes/Evidence
Are wellness messages shared with families (newsletters, events, etc.)?	✓			
Are wellness-related professional development opportunities offered to staff?			✓	
Is there a staff wellness initiative or program in place?		✓		
Are health screenings, fitness challenges, or mental health supports offered?	✓			
Are community partners engaged in supporting wellness activities?	✓			

Section 6: Public Involvement

Assessment Question	Yes	No	Partial	Notes/Evidence
Are families, students, and staff invited to participate in the wellness committee?	✓			
Has a wellness survey been distributed to gather feedback?	✓			
Is the wellness policy assessment shared publicly (online, newsletter, etc.)?	✓			
Is feedback from stakeholders used to revise the wellness policy?	✓			

Summary of Strengths

The wellness policy is largely being implemented and an increased effort to involve a greater number of stakeholders has been implemented.

Opportunities for Growth

Our program would benefit from

- Strategic efforts to encourage staff healthy living.
- More opportunity for student involvement and feedback concerning food/menus.

Action Plan & Next Steps

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- Take finding to admin. team
- Recommend strategies for staff health, student involvement
- Work with admin team to implement and evaluate.