

Families United Network, Inc.

Wellness Committee Assessment Tool

January 10, 2017

The Student Wellness Policy was reviewed by the Wellness Committee and the following assessment was discussed and completed:

- 1. The school environment regarding campus playground, exercise equipment, classroom and school building for safety compliance.**

Activity Center Exercise Equipment

The exercise equipment in the Activity Center was assessed for safety and the condition of each of the machines. The result is that each of the machines were tested and operated as they were designed. The only correctable issue is that the punching bag had dropped from ceiling and needs to be replaced. The condition of the room needed some housekeeping, but the machinery was in safety compliance.

Campus Playground Equipment

The swings were in good condition and are in safety compliance. The basketball court is in great shape and meets safety standards. The volleyball net has not been put up (outdoors) for the season, but the indoor volleyball net is actively being used by a group each evening. The outdoor pool has not opened for the season.

Classroom and School Building

The classroom and school building are in good condition and in safety compliance.

- 2. Recommendations for program revisions concerning physical activity each month:**

The campus now has a new ping pong table, in the hopes that the residents try something new. Also we will continue pushing new intermural sports.

- 3. Concerns regarding student health issues:**

At this time, the committee feels there are no issues that haven't been outlined in our policy.

- 4. Activities to promote healthy eating and wellness:**

In the school the residents have been growing plants from egg cartons, which are then used down within our garden on campus.

- 5. Nutrition Education**

There are group and individual discussions concerning eating disorders, calorie intake, exercise factors vs. calories burned, etc. The dining room and kitchen have up-to-date posters describing the calories of the most popular and frequently eaten foods, the difference between the sizes of our portions now and what they were 20 years ago, the amount of exercise required to burn the number of calories. The food service line is consistent with portion control and the nutritional content is available for breakfast, lunch and snack menu. The residents are offered help within the community, and services that are available on-line through several programs (lose it, weight watchers, etc.) and therapeutic help if it is beyond our means.

- 6. Additional comments/suggestions**

Continue to look for ways/messages to relay to the residents on nutrition and wellness that speaks to their age group. Consider holding another prom, which will allow for students to dance and eat a 4 course nutrition based meal.

Is the overall census of the committee that we are meeting the guidelines of the Student Wellness Policy? Yes.

The committee agrees that the current Student Wellness Policy is successful in meeting the needs of a model wellness policy.