GLOW Academy Triennial Wellness Policy Assessment Survey

GLOW Academy's Wellness Policy is required to have goals in the areas of: Nutrition Education, Physical Activity, and Other School Based Strategies for Wellness. The LWP triennial assessment results will be made public and reported to the Board of Education following each assessment and can be used by the School's Health and Wellness Committee to make any necessary updates to the policy and to create goals for the upcoming school year.

AREA 1: Nutrition Education	**YES**	**No**	**Comments:**
Question 1: Does the School provide appropriate instruction for the acquisition of behaviors which contribute to a healthy lifestyle for students?	X		GLOW Academy's Health and Physical Education teacher implements a standards-based program which aligns with the NCSCOS. This curriculum promotes a healthy lifestyle for students.
Question 2: Do GLOW Academy staff take deliberate measures to teach, encourage and support healthy lifestyle choices by students?	X		GLOW Academy's Health and Physical Education curriculum addresses health lifestyle choices. Additionally, GLOW's SEL curriculum incorporates instruction addressing healthy choices.
Question 3: Does the school make provisions in the cafeteria/classrooms, etc for students with severe food allergies?	X		The child nutrition manager develops menus for the school year and shares these menus with the school nurse. These menus are also posted on the school's website for student and parent review. The school nurse ensures that all students with allergies have health plans which include appropriate preventative measures and response plans to allergic or anaphylactic responses. All staff members are trained on the health plans in order to ensure that they are equipped to avoid allergens and react appropriately if an allergen is consumed or encountered.

Area 2: Physical Activity	YES	NO	Comments:
Question 1: Does your school provide the required 30 minutes of moderate to vigorous physical activity through recess, curriculum integration with physical activity, physical education class, or physical activity breaks? Or does your High School offer physical education/health as an elective offered to students?	X		Students in grades 6-8 are provided 30 minutes of moderate to vigorous physical activity through scheduled recess. High School students are offered Health and Physical Education as an elective.
Question 2: Does your school adhere to the stipulations that physical activity should not be used as a form of punishment (i.e. Physical education is not taken away)?	X		GLOW Academy strictly adheres to the stipulations that physical activity should not be used as a form of punishment.
Question 3: Does your school provide opportunities in which physical activities are paired with parent engagement or events?	X		GLOW Academy has a running club, which includes parent volunteers as running buddies.
Question 4: Does your Middle or High School provide opportunities for students to participate in athletic activities?	X		GLOW Academy offers clubs including ultimate frisbee, roller derby, running clubs, and intramural sports.

Area 3: Other School Based Strategies	YES	NO	Comments

Question 1: Is your school implementing (Social Emotional Learning) SEL signature practices and teaching five core SEL competency skills?	X		GLOW Academy utilizes “Habitudes” and the Girl Scout SEL curriculum, both of which are leveled to reflect developmental and emotional capacities and common SEL skills relative to each age band.
Question 2: Is your school implementing a Behavior Response Team?	X		GLOW utilizes PBIS as its core behavior instructional model. For cases specific to crisis events, GLOW Academy has a Student Support Team, which acts as a Crisis Response Team.
Question 4: Does your school partner with other community partners to refer both students and/or faculty for physical and/or mental health services outside the scope of their work?	X		GLOW Academy partners with Coastal Horizons and Listening Ears, both of which are mental health providers.
Question 5: Does your school regularly inform parents about screenings and required health assessments and vaccinations?	X		GLOW Academy employs a school nurse who regularly communicates with parents/guardians about screenings and required health assessments and vaccinations.
Question 6. Does your Wellness Committee meet monthly as recommended and keep a copy of the minutes of their meetings?		X	A subcommittee of the School Improvement Team dually serves as the Wellness Committee and the Safety Team. The minutes from these meetings do not address wellness on a monthly basis. Moving forward, the subcommittee agenda will include a Wellness Committee component and check-in.