

New Life Christian Academy

Local School Wellness Policy Triennial Assessment Report

Assessment Cycle: 2025–2028

School: New Life Christian Academy (NLCA)

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1. Purpose of the Triennial Assessment

The purpose of this Triennial Assessment is to evaluate New Life Christian Academy's Local School Wellness Policy to determine compliance with federal regulations, assess progress toward established wellness goals, and identify areas for improvement. This assessment is conducted at least once every three years as required by USDA regulations.

2. Wellness Policy Implementation Review

New Life Christian Academy has implemented a Local School Wellness Policy that promotes student health, nutrition education, physical activity, and overall wellness. The policy addresses nutrition guidelines for school meals and snacks, physical education and physical activity opportunities, wellness promotion, and stakeholder involvement.

3. Progress Toward Wellness Goals

During the 2025–2028 assessment cycle, New Life Christian Academy made progress toward the following wellness-related goals:

Wellness Area	Progress Summary
Nutrition Education	Students receive age-appropriate nutrition education integrated into classroom instruction.
Physical Activity	Students participate in scheduled physical education and regular physical activity opportunities.
School Meals	All reimbursable meals meet USDA meal pattern requirements.
Water Access	Free drinking water is available to students during the school day.
Wellness Promotion	The school promotes healthy behaviors through classroom and school-wide activities.

4. Comparison to Model Wellness Policies

The Local School Wellness Policy for New Life Christian Academy was compared to model wellness policies recommended by USDA and the Alliance for a Healthier Generation. The policy meets or exceeds requirements related to nutrition standards, physical activity, and stakeholder engagement.

5. Stakeholder Participation

Parents, school staff, administrators, and community members were provided opportunities to participate in the development, review, and implementation of the Local School Wellness Policy. Stakeholders are informed annually on how to become involved.

6. Areas for Improvement

New Life Christian Academy will continue to strengthen wellness initiatives by periodically reviewing wellness goals, increasing stakeholder engagement opportunities, and maintaining public transparency of wellness-related documents.

7. Public Notification

This Triennial Assessment Report will be made available to the public via the school website or parent communication platform in accordance with federal requirements.

Report Approved By:

Mrs. LaTasha Vaughn, M.Ed.
Head of School / Wellness Committee Lead

Date: _____