

Cornerstone Christian School of Jacksonville

A Division of Cornerstone of Jacksonville, Inc.

School Wellness Policy Assessment 2022-2023

Date Assessment Was Conducted: July 7, 2023

Wellness Policy Goals

Wellness Policy Topic	Fully in Place X	Partially in Place X	Comments: List steps you will take to meet goals if partially placed; list challenges/barriers to implementation, if any. List positive comments towards topics/goals, if any.
Cornerstone engaged students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.	X		
Cornerstone provided students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students.	X		We saw teachers encouraging students to try new health foods.
Cornerstone provided nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and established linkages between health education and school meal programs, and with related community services.	X		Active Classroom Movement.

Food and Beverages In-Schools

Wellness Policy Topic	Fully in Place X	Partially in Place X	Comments: List steps you will take to meet goals if partially placed; list challenges/barriers to implementation, if any. List positive comments towards topics/goals, if any.
All food sold/served to students was prepared in health-inspected facilities.	X		
Meals are appealing and attractive to children.	X		
Meals met, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.	X		

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NOTICE OF NONDISCRIMINATORY POLICY: Cornerstone of Jacksonville, Inc. admits students of any race, color, national, and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national, and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

IRS NOTICE: Cornerstone of Jacksonville, Inc. is a nonprofit, tax-exempt, organization under Sections 501 (c)(3) and 170 of the IRS Code, and is incorporated and registered in the State of Florida. All donations are tax deductible to the extent allowed by law.

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Meals offer a variety of fruits and vegetables.	X		
Milk served was only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).	X		
Cornerstone shared information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, and school newsletter.	X		
Pleasant eating environments where there was plenty of seating and students did not feel rushed during meals.	X		
Students were provided with at least 15 minutes to eat after sitting down for breakfast.	X		
Students were provided with at least 20 minutes to eat after sitting down for lunch.	X		Current sit-down time is scheduled at 25 mins.
Students had access to portable water in the cafeteria during their lunch time.	X		
Accommodations were provided to students who needed more time to finish their lunch.	X		
Meal periods were scheduled at appropriate times. Lunch should be served between 10:45AM and 1:00PM.		X	High School's Lunch time begins at 1:10pm.
Tutoring, club, or organizational meetings or activities were NOT scheduled during mealtimes.	X		
Attractive dining areas which have enough space for seating were provided to all students scheduled for their given meal period.	X		

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Participation in the CEP program was encouraged, including measures to arrange bus schedules to increase student access to breakfasts.	X		
Foods or beverages are NOT used as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan, behavior intervention plan, or a 504 Individual Accommodation Plan).	X		
Classroom celebrations that involve food during the school day were limited to no more than one party per class, per month.		X	This goal was a challenge for the holiday months like November and December. Will continue to strive towards goal.
Sharing of foods and beverages were not allowed.	X		
School marketing of health food was displayed around the campus and in the cafeteria. (<i>Posters, etc</i>).	X		

Nutrition Education

Wellness Policy Topic	Fully in Place X	Partially in Place X	Comments List steps you will take to meet goals if partially placed; list challenges/barriers to implementation, if any. List positive comments towards topics/goals, if any.
Cornerstone provided nutrition education and engaged in nutrition promotion that was offered at each grade level.	X		
Nutrition Education was integrated throughout the school day.	X		Science classes, health classes, recess.
Classroom teachers provided short physical activity breaks between lessons or classes, as appropriate.	X		
Cornerstone promoted fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.	X		
Cornerstone provided every student with opportunities to voluntarily participate in extra-curricular physical activities that meets his or her needs interests and abilities.	X		

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Teachers and other school and community personnel do not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment.	X		

Please provide any additional comments/recommendations regarding Cornerstone’s Wellness Policy in the space provided below:

None at this time.
