

# ICA Wellness Program Assessment 23.24SY

## 1. Program Overview

The Impact Christian Academy (ICA) Wellness Program is designed to promote the holistic well-being of students, encompassing physical, mental, emotional, and spiritual health. The program is integrated into the daily life of the school, supporting the school's four pillars: biblical altruistic worldview, stellar academics, competitive athletics, and classical and modern arts. The program aims to create a supportive environment that fosters healthy lifestyle choices, character development, and spiritual growth.

## 2. Key Components of the Wellness Program

- **Physical Health:** Regular physical education classes, extracurricular sports teams, and fitness activities. The curriculum includes education on nutrition, exercise, and personal health management.
- **Mental Health:** Access to counseling services, mental health awareness campaigns (starting in 2024-2025SY), and stress management workshops (starting in 2024-2025 SY). Instruction regarding time management strategies are integrated into student life.
- **Emotional Health:** Support groups (small groups), peer mentoring programs (Manhood Academy – Impact Church), and workshops on emotional intelligence and conflict resolution.
- **Spiritual Health:** Daily bible class, chapel services, and opportunities for students to participate in spiritual development activities like chapel leadership and service projects.

## 3. Program Goals and Objectives

- **Goal 1:** Promote physical fitness and healthy living among students.
  - *Objective 1.1:* Increase student participation in physical education and after-school sports programs.
  - *Objective 1.2:* Improve students' knowledge of nutrition and healthy lifestyle choices.
- **Goal 2:** Enhance mental and emotional resilience.
  - *Objective 2.1:* Provide resources and support for students dealing with stress, anxiety, and other mental health challenges.
  - *Objective 2.2:* Foster a supportive community through peer mentorship and guidance.
- **Goal 3:** Encourage spiritual growth and development.
  - *Objective 3.1:* Integrate spiritual teachings and biblical principles into daily school activities.
  - *Objective 3.2:* Increase student engagement in spiritual enrichment opportunities.

## 4. Assessment of Program Effectiveness

- **Physical Health Outcomes:**
  - Over 83% of students participate in physical education classes, and 55% engage in extracurricular sports.
  - Recent surveys show a 20% increase in students' understanding of nutrition and healthy eating habits compared to the previous year.
- **Mental Health Outcomes:**
  - The number of students utilizing counseling services has increased by 20% since last year, indicating a growing awareness and acceptance of mental health support.
- **Spiritual Health Outcomes:**
  - Daily bible class and chapel services have consistent attendance, with 100% and 98% of students participating regularly.
  - Students involved in Bible study groups and service projects have increased by 50%, showing enhanced engagement in spiritual growth activities.

## 5. Strengths of the Wellness Program

- Comprehensive approach addressing multiple dimensions of wellness (physical, mental, and spiritual).
- High level of student engagement across different wellness activities.
- Strong support from faculty, staff, and administration, creating a nurturing environment.
- Availability of resources such as counseling, workshops, and mentoring, contributing to overall student well-being.

## 6. Areas for Improvement

- **Participation in Emotional Health Programs:** Although feedback is positive, implementing these programs to reach more students could further enhance emotional resilience across the student body.
- **Expand Nutrition Education:** More hands-on workshops, cooking clubs/classes, or interactive activities could reinforce healthy eating habits.
- **Enhance Communication and Awareness:** Greater emphasis on promoting available wellness resources to students and parents through newsletters, social media, and parent-teacher meetings.

## 7. Recommendations

- **Develop Partnerships:** Collaborate with local health professionals, wellness experts, and community organizations to bring diverse perspectives and resources into the program.
- **Introduce Regular Assessments:** Implement regular assessments (surveys, focus groups) to gather feedback from students, parents, and staff, allowing continuous improvement.
- **Create Targeted Programs:** Develop specific wellness initiatives tailored to different age groups, addressing the unique needs of elementary, middle, and high school students.

## 8. Conclusion

The Impact Christian Academy Wellness Program has made significant strides in promoting the overall well-being of students, aligning with the school's mission and values. Continued focus on

enhancing participation, expanding resources, and incorporating regular feedback will ensure the program remains effective and impactful in the coming years.