

WELLNESS POLICY ASSESSMENT FORM

Campus Name \_\_\_\_\_

Campus Wellness Team Contact Person:

Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Date of Assessment Completion \_\_\_\_\_

NOTE: Please submit a completed copy of this assessment to:

Student Health Advisory Committee (SHAC)

ATTN: Administration Building

Component 1M: Nutrition Guidelines —		In Place	Under De- velopment	Not In Place
Middle School		(1)	(2)	(3)
1.1M	French fries and other fried potato products do not exceed 3 ounces per serving, and are not offered more than three times per week.			
1.2M	Students may only purchase one serving of french fries and other fried potato products one serving at a time.			
1.3M	Maximum portion size restrictions are followed for all food and beverages made available to students on school campuses (see chart).			
1.4M	The cafeteria offers 1 percent and skim milk at all points where milk is served.			
1.5M	A variety of fresh fruits and vegetables are offered on all serving lines each day			
1.6M	Nutrition education information is available in the cafeteria.			
Component 1 (Middle School) Total Score				
Notes:				

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Component 1H: Nutrition Guidelines —		In Place	Under De-velopment	Not In Place
High School		(1)	(2)	(3)
1.1H	French fries and other fried potato products do not exceed 3 ounces per serving, and are not offered more than three times per week			
1.2H	Students may only purchase one serving of french fries and other fried potato products one serving at a time			
1.3H	Maximum portion size restrictions are followed for all food and beverages made available to students on school campuses (see chart).			
1.4H	The cafeteria offers 1 percent and skim milk at all points where milk is served			
1.5H	A variety of fresh fruits and vegetables are offered on all serving lines each day			
Component 1 (High School) Total Score				
Notes:				

Component 2M: Healthy Food Options —		In Place	Under De-velopment	Not In Place
Middle School		(1)	(2)	(3)
2.1M	Foods of minimal nutritional value (FMNV), all candies and carbonated soft drinks are not provided to students during the school day			
2.2M	During meal times foods are not sold / served in competition with the school food service.			
2.3M	If food fundraisers are conducted during allowable times during the school day the foods comply with the nutrition standards of the Texas Nutrition Policy (TNP).			
2.4M	Vending machines and snack type items comply with the TNP and follow the size and other restrictions mandated by the policies (see attached).			
2.5M	Vending machines that are on during meal times only contain plain bottled water and/or 100 percent fruit/ vegetable juice (12 ounces or less).			
2.6M	School staff does not use food as a reward or punishment for students.			
2.7M	Food parties, such as pizza parties, are not provided to students during the school day.			
2.8M	The school encourages organizations to raise funds by selling nonfood items.			
Component 2 (Middle School) Total Score				
Notes:				

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Component 2H: Healthy Food Options —		In Place	Under De-velopment	Not In Place
High School		(1)	(2)	(3)
2.1H	Foods of minimal nutritional value (FMNV) are not provided to students during the school day			
2.2H	Food fund-raisers are not allowed in the cafeteria or in areas where school meals are consumed during meal times.			
2.3H	If food fund-raisers are held in allowable ar-eas, the foods will comply with the nutrition standards of the Texas Nutrition Policy (see attached).			
2.4H	The school will encourage organizations to raise funds by selling nonfood items			
2.5H	Vending machines will only contain items that comply with the Texas Nutrition Policy and follow the size and other restrictions mandated by the policies (see attached).			
2.6H	Vending machines that are on during meal times in areas where meals are served and consumed will only contain plain bottled water and/or 100 percent fruit/vegetable juice (12 ounces or less).			
2.7H	Food parties, such as pizza parties, are not provided to students during the school day.			
Component 2 (High School) Total Score				
Notes:				

Component 3: Wellness Goals		In Place	Under De-velopment	Not In Place
Nutrition Education		(1)	(2)	(3)
3.1	Nutrition education is integrated into other areas of the curriculum as recommended by CATCH.			
3.2	Staff responsible for nutrition education have participated in professional develop-ment activities to effectively deliver the pro-gram as planned.			
3.3	The school will conduct activities that pro-mote healthy eating for students, parents and staff (examples: National Nutrition Month, 5-A Day Promotion, Health Fair).			

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3.4	Nutrition education messages will be coordinated from the classroom to the cafeteria and other appropriate settings (PE).			
3.5	Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.			
3.6	Health TEKS will be addressed in grades 7-12 class-rooms where deemed appropriate (PE, science, etc.).			
3.7	A health curriculum will be available at the middle school level that will include life skills training, nutrition, health issues, etc			
Component 3 Total Score				
Notes:				

Component 4: Wellness Goals		In Place	Under Development	Not In Place
Physical Activity		(1)	(2)	(3)
4.1	Nutrition education will be integrated into other areas of the curriculum as recommended by CATCH.			
4.2	Staff responsible for nutrition education will have participated in professional development activities to effectively deliver the program as planned.			
4.3	The school will conduct activities that promote healthy eating for students, parents and staff (examples: National Nutrition Month, 5-A Day Promotion, Health Fair).			
4.4	Nutrition education messages will be coordinated from the classroom to the cafeteria and other appropriate settings (PE).			
4.5	Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members			
4.6	Health TEKS will be addressed in grades 7-12 class-rooms where deemed appropriate			
4.7	A health curriculum will be available at the middle school level that includes life skills training, nutrition, health issues, etc			
4.8	Parents will be encouraged to support their children's participation, to be active role models, and to include physical activity in family events			

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(EXHIBIT)

4.9	Students, parents, staff, and community members will be encouraged to use the District's outdoor recreational facilities that are available outside the school day			
4.10	The physical activity component of CATCH will be utilized during PE			
4.11	There will be sufficient covered play space (indoor or outdoor) so that children can safely engage in healthy physical activity regardless of weather conditions.			
4.12	PE teachers will publicize extra events and encourage parents to participate or be involved.			
Component 4 Total Score				
Notes:				

Component 5: Wellness Goals		In Place	Under De- velopment	Not In Place
School-based Activities		(1)	(2)	(3)
5.1	Sufficient time will be allowed for students to eat meals in the lunchroom facilities that are clean, safe, and comfortable. Students will be allowed to socialize during meals			
5.2	Wellness for students and their families will be promoted at suitable school activities.			
5.3	Employee wellness education and involvement will be promoted in the District through electronic messaging.			
Component 5 Total Score				
Notes:				