

## WELLNESS POLICY ASSESSMENT

This assessment is based upon wellness policies and goals in the Midway School District. This assessment can be adapted and used for program assessment every 3 years. It should be shared with administration and made available to the public.

**Midway Public School #128**

**Date:** \_\_\_\_\_

**Reviewer(s):** \_\_\_\_\_

### I. Public Involvement

Check the boxes that indicate the representation of the group:

- |  |   |                                      |
|--|---|--------------------------------------|
| <input type="checkbox"/> Administrators              | <input type="checkbox"/> Food Service Staff | <input type="checkbox"/> PE Teachers |
| <input type="checkbox"/> Parents                     | <input type="checkbox"/> Board Members      | <input type="checkbox"/> Students    |
| <input type="checkbox"/> School Health Professionals |   | <input type="checkbox"/> Public      |

Name of Wellness Policy Coordinator \_\_\_\_\_

Briefly describe how the Wellness Policy is made available to the public.

---

---

---

Midway last reviewed the Wellness Policy on (date) \_\_\_\_\_

Midway Exhibit  
(Date Adopted)

Yes	No	II. Physical Education
-----	----	------------------------

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Midway's written Wellness Policy includes measurable goals for physical activity.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway provides physical education for elementary students on a weekly basis.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway provides physical education for middle school students during the term or semester.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway requires physical education classes for graduation (HS only).   |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway provides recess for elementary students on a daily basis.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway provides opportunities for physical activity integrated throughout the day.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway prohibits staff and teachers from keeping kids in from recess for punitive reasons.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Teachers are allowed to offer physical activity as a reward for students.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway offers before/after school physical activity. Check those that apply:<br><input type="checkbox"/> Competitive Sports <input type="checkbox"/> Non-competitive Sports <input type="checkbox"/> Other |

Yes	No	III. Nutrition Education and Promotion
-----	----	--

- |   |                          |   |
|---|--------------------------|---|
| <input type="checkbox"/>                          | <input type="checkbox"/> | Midway's written Wellness Policy includes measurable goals for nutrition education and promotion.               |
| <input type="checkbox"/>                          | <input type="checkbox"/> | Midway offers standards-based nutrition education in a variety of subjects (e.g., science, health, math, etc.). |
| Midway offers nutrition education to students in: |                          |   |
| <input type="checkbox"/>                          | Elementary School        |   |
| <input type="checkbox"/>                          | Middle School            |   |
| <input type="checkbox"/>                          | High School              |   |

Midway Exhibit  
(Date Adopted)

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Midway promotes healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.          |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway has reviewed <i>Smarter Lunchroom</i> techniques and evaluated our ability to implement some of them.                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway places fruits and vegetables where they are easy to access (e.g., near the cafeteria cashier or near the front of the line). |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway ensures students have access to hand-washing facilities prior to meals.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway annually evaluates how to market and promote the school meal program.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway regularly shares school meal nutrition, calorie, and sodium content information with students and families.                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway participates in Farm to School activities and/or has a school garden.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway only advertises and promotes nutritious foods and beverages on school grounds (e.g., buildings, playing fields, etc.).       |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway offers fruits or non-fried vegetables in (circle all that apply)   |
|                          |                          | Vending Machines      School Store      a La Carte  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway has nutritional standards for foods/beverages served at school parties, celebrations, events, etc.                           |

<b>Yes</b>	<b>No</b>	<b>IV. Other School-Sponsored Activities</b>
------------	-----------	--

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Midway's written Wellness Policy includes measurable goals for other school-sponsored activities that promote wellness. |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway provides training to staff on the importance of modeling healthy behaviors.                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway provides annual training to all staff on nutrition and physical activity.  |

<b>Yes</b>	<b>No</b>	<b>V. Nutrition Standards</b>
------------	-----------	-------------------------------

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Midway written Wellness Policy addresses nutrition standards for USDA |
|--------------------------|--------------------------|---|
- Midway Exhibit  
(Date Adopted)

reimbursable meals.

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Midway operates the School Breakfast program.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway operates an Afterschool Snack Program.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway operates the Fresh Fruit and Vegetable Program.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway has a Certified Food Handler as its Food Service Program.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway has adopted and implemented Smart Snacks nutrition standards for all items sold on school grounds during school hours including vending machines, school stores, a La Carte and fundraisers. |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway promotes non-food celebrations and rewards and/or encourages fundraising ideas that are non-food related.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway offers no more than three fundraisers per year that do not comply with federal nutrition standards for competitive food and beverage sales.  |

<b>Yes</b>	<b>No</b>	<b>VI. Hydration Standards</b>
------------	-----------	--------------------------------

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Midway's written Wellness Policy addresses hydration standards for students.             |
| <input type="checkbox"/> | <input type="checkbox"/> | Midway offers free, unflavored drinking water to all students throughout the school day. |

<b>Yes</b>	<b>No</b>	<b>VII. Marketing</b>
------------	-----------	-----------------------

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Midway's written Wellness Policy addresses marketing of food and beverage items on school property. |
|--------------------------|--------------------------|---|

<b>Yes</b>	<b>No</b>	<b>IIX. Qualifications and Training</b>
------------	-----------	---

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Midway complies with all applicable hiring requirements for new hires in the food service program and annual training requirements for all food service personnel. |
|--------------------------|--------------------------|--|

**Add any additional information and contact information on a separate sheet.**

Midway Exhibit  
(Date Adopted)