# Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name: Mumford ISD

Reviewer: SHAC

School Name: Mumford

Date: 01/06/2020

Select all grades: PK ☑ K ☑ 1 ☑ 2 ☑ 3 ☑ 4 ☑ 5 ☑ 6 ☑ 7 ☑ 8 ☑ 9 ☑ 10 ☑ 11 ☑ 12 ☑

| Yes | No | I. Public Involvement |
|---|---|---|
| ◉ | ○ | We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: ☑ Administrators ☑ School Food Service Staff ☑ P.E. Teachers ☑ Parents ☑ School Board Members ☑ School Health Professionals ☑ Students ☑ Public |
| ◉ | ○ | We have a designee in charge of compliance. Name/Title: Blayne Davis, Superintendent |
| ◉ | ○ | We make our policy available to the public. Please describe: District Website www.mumford.k12.tx.us |
| ◉ | ○ | We measure the implementation of our policy goals and communicate results to the public. Please describe: District Website www.mumford.k12.tx.us |
| ◉ | ○ | Our district reviews the wellness policy at least annually. |

| Yes | No | II. Nutrition Education |
|---|---|---|
| ◉ | ○ | Our district's written wellness policy includes measurable goals for nutrition education. |
| ◉ | ○ | We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc). |
| ◉ | ○ | We offer nutrition education to students in: ☑ Elementary School ☑ Middle School ☑ High School |

| Yes | No | III. Nutrition Promotion |
|---|---|---|
| ◉ | ○ | Our district's written wellness policy includes measurable goals for nutrition promotion. |
| ◉ | ○ | We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc. |
| ◉ | ○ | We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them. |
| ◉ | ○ | We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line). |
| ◉ | ○ | We ensure students have access to hand-washing facilities prior to meals. |
| ◉ | ○ | We annually evaluate how to market and promote our school meal program(s). |
| ◉ | ○ | We regularly share school meal nutrition, calorie, and sodium content information with students and families. |
| ◉ | ○ | We offer taste testing or menu planning opportunities to our students. |
| ○ | ◉ | We participate in Farm to School activities and/or have a school garden. |
| ◉ | ○ | We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). |
| ○ | ◉ | We price nutritious foods and beverages lower than less nutritious foods and beverages. |
| ◉ | ○ | We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☑ à La Carte |
| ◉ | ○ | We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc. |
| ○ | ◉ | We provide teachers with samples of alternative reward options other than food or beverages. |
| ◉ | ○ | We prohibit the use of food and beverages as a reward. |

(Cont. on page 2)

| Yes | No | IV. Nutrition Guidelines (Cont. from page 1) |
|---|---|---|
| ◉ | ○ | Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals. |
| ◉ | ○ | We operate the School Breakfast program: ☐ Before School ☐ In the Classroom ☐ Grab & Go |
| ◉ | ○ | We follow all nutrition regulations for the National School Lunch Program (NSLP). |
| ○ | ◉ | We operate an Afterschool Snack Program. |
| ○ | ◉ | We operate the Fresh Fruit and Vegetable Program. |
| ◉ | ○ | We have a Certified Food Handler as our Food Service Manager. |
| ◉ | ○ | We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including: ☑ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers |

| Yes | No | V. Physical Activity |
|---|---|---|
| ◉ | ○ | Our district's written wellness policy includes measurable goals for physical activity. |
| ◉ | ○ | We provide physical education for elementary students on a weekly basis. |
| ◉ | ○ | We provide physical education for middle school during a term or semester. |
| ◉ | ○ | We require physical education classes for graduation (high schools only). |
| ◉ | ○ | We provide recess for elementary students on a daily basis. |
| ◉ | ○ | We provide opportunities for physical activity integrated throughout the day. |
| ○ | ◉ | We prohibit staff and teachers from keeping kids in from recess for punitive reasons. |
| ◉ | ○ | Teachers are allowed to offer physical activity as a reward for students. |
| ◉ | ○ | We offer before or after school physical activity: ☑ Competitive sports ☐ Non-competitive sports ☐ Other clubs |

| Yes | No | VI. Other School Based Wellness Activities |
|---|---|---|
| ◉ | ○ | Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness. |
| ◉ | ○ | We provide training to staff on the importance of modeling healthy behaviors. |
| ◉ | ○ | We provide annual training to all staff on: ☑ Nutrition ☑ Physical Activity |
| ◉ | ○ | We have a staff wellness program. |
| ◉ | ○ | We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) . |
| ○ | ◉ | We actively promote walk or bike to school for students with Safe Routes to School or other related programs. |
| ○ | ◉ | We have a recycling /environmental stewardship program. |
| ○ | ◉ | We have a recognition /reward program for students who exhibit healthy behaviors. |
| ◉ | ○ | We have community partnerships which support programs, projects, events, or activities. |

## VII. Progress Report:

Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

We also have the following events to promote wellness:
School Dances
Farm visits
Mini Cheer
Little Dribblers
Little Diggers

## VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

| | | | |
|---|---|---|---|
| Name | Blayne Davis | Position/Title | Superintendent |
| Email | bmdavis@mumford.k12.tx.us | Phone | 979-279-3678 |

This institution is an equal opportunity provider