

FEBRUARY 2016 MSD WELLNESS ASSESSMENT

Module	Number	Headline	Content	Your Response Value	Your Response
School Health and Safety Policies and Environment	103	Recess	Are students provided at least 20 minutes of recess during each school day, and do teachers or recess monitors encourage students to be active?	3	Yes.
School Health and Safety Policies and Environment	107	Prohibit using physical activity as punishment	Does your school prohibit using physical activity and withholding physical education class as punishment? Is this prohibition consistently followed? Please do not consider issues related to participation in interscholastic sports programs when answering this question.	3	Yes, using physical activity as punishment and withholding physical education class as punishment are prohibited, and both prohibitions are consistently followed.
School Health and Safety Policies and Environment	108	Prohibit withholding recess as punishment	Does your school prohibit withholding recess as punishment? Is this prohibition consistently followed?	3	Yes, withholding recess as punishment is a written policy and this prohibition is consistently followed
School Health and Safety Policies and Environment	113	Access to physical activity facilities outside school hours	Are indoor and outdoor physical activity facilities open to students, their families, and the community outside school hours? Making facilities open and available to students, their families, and the community outside of school hours can be conducted as a regular practice or through a formal, written joint or shared use agreement. A joint use or shared use agreement is a formal agreement between a school or school district and another public or private entity to jointly use either school facilities or community facilities to share costs and responsibilities.	0	No, neither indoor nor outdoor facilities are available.

Physical Education and Other Physical Activity Programs	311	Professional development for teachers	Are teachers of physical education required to participate at least once a year in professional development in physical education?	0	None do, or no one teaches physical education.
Physical Education and Other Physical Activity Programs	312	Licensed physical education teachers	Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?	3	Yes, all are.
Nutrition Services	401	Breakfast and lunch programs	Does your school offer school meals (breakfast and lunch) programs that are fully accessible to all students?	3	Yes.
Nutrition Services	402	Variety of foods in school meals	<p>Do school meals include a variety of foods that meet the following criteria?</p> <p>LUNCH</p> <ul style="list-style-type: none"> * Go beyond the National School Lunch Program requirements to offer one additional serving per week from any of the 3 vegetable subgroups (dark green, red and orange, dry beans and peas) * Offer a different fruit every day of the week during lunch (100% fruit juice can be counted as a fruit only once per week) * Offer fresh fruit at least 1 day per week * Offer foods that address the cultural practices of the student population * Offer an alternative entrée option at least one time per week that is legume based, reduced fat dairy or fish based (including tuna) * Offer at least 3 different types of whole grain-rich food items each week <p>BREAKFAST</p> <ul style="list-style-type: none"> * Offer at least 3 different fruits and vegetables each week (100% 	3	Yes, meets six to eight of these criteria for variety.

Nutrition Services	403	Promote healthy food and beverage choices using Smarter Lunchroom techniques	<p>Are healthy food and beverage choices promoted through the following techniques?</p> <ul style="list-style-type: none"> * Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans) * Sliced or cut fruit is available daily * Daily fruit options are displayed in a location in the line of sight and reach of students * All available vegetable options have been given creative or descriptive names * Daily vegetable options are bundled into all grab and go meals available to students * All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal * White milk is placed in front of other beverages in all coolers * Alternative entrée options (salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas * A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.) 	2	Healthy food and beverage choices are promoted through five to nine of these techniques.
Nutrition Services	404	Annual continuing education and training requirements for school nutrition services staff	<p>Do all school nutrition program managers and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements? Topics covered may include, but are not limited to, food safety and HACCP, nutrition standards updates in school meals, food sensitivities and allergies, customer service or food production techniques.</p>	3	Yes, all food and nutrition services staff meet or exceed the annual continuing education/training hours required by the USDA 's Professional Standards requirements.
Nutrition Services	405	Venues outside the cafeteria offer fruits and vegetables	<p>Do most venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?</p> <p>Note: If the school does not have any food venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts), answer "Yes".</p>	0	None of the venues do.

Nutrition Services	406	Collaboration between nutrition services staff members and teachers	<p>Do nutrition services staff members use three or more of the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?</p> <ul style="list-style-type: none"> * Participate in design and implementation of nutrition education programs * Display educational and informational materials that reinforce classroom lessons * Provide food for use in classroom nutrition education lessons * Provide ideas for classroom nutrition education lessons * Teach lessons or give presentations to students * Provide cafeteria tours for classes 	0	Use none of these methods.
Nutrition Services	407	Adequate time to eat school meals	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	3	Yes. (Note: If the school does not have a breakfast program, but does provide at least 20 minutes for lunch, you can select this answer.)
Nutrition Services	408	Farm to School activities.	<p>Is your school implementing any Farm to School activities?</p> <ul style="list-style-type: none"> * Local and/or regional products are incorporated into the school meal program * Messages about agriculture and nutrition are reinforced throughout the learning environment * School hosts a school garden * School hosts field trips to local farms * School utilizes promotions or special events, such as tastings, that highlight the local/regional products 	1	Our school is implementing at least one of these activities.
Health Promotion for Staff	701	Health assessments for staff members	Does your school or district offer staff members accessible and free or low-cost health assessments at least once a year?	0	Health assessments are not offered at least once a year.
Health Promotion for Staff	702	Programs for staff members on physical activity/fitness	Does the school or district offer staff members accessible and free or low-cost physical activity/fitness programs?	0	Does not offer physical activity/fitness programs.

Health Promotion for Staff	704	Promote staff member participation	<p>Does your school or district use three or more methods to promote and encourage staff member participation in its health promotion programs?</p> <ul style="list-style-type: none"> * Information at orientation for new staff members * Information included with paycheck * Flyers posted on school bulletin boards * Letters mailed directly to staff * Announcements at staff meetings * Articles in staff newsletters * Incentive/reward programs * Public recognition * Life/health insurance discounts * Gym or health club discounts, such as YMCA * Posting to a website or listserv * E-mail messages * Positive role modeling by administrators or other leaders 	0	Uses none of these methods.
Health Promotion for Staff	705	Programs for staff members on healthy eating/weight management	Does the school or district offer staff members healthy eating/weight management programs that are accessible and free or low-cost?	0	Does not offer healthy eating/weight management programs.
Health Promotion for Staff	706	All foods served and sold to staff meet the USDA's Smart Snacks in School nutrition standards	<p>Do food and beverages served and sold at staff meetings, school-sponsored staff events, and in the staff lounge meet USDA Smart Snacks in School nutrition standards?</p> <p>Nutrition Standards for Foods https://schools.healthiergeneration.org/216 / Nutrition Standards for Beverages https://schools.healthiergeneration.org/218</p>	1	Some foods and beverages served and sold align with Smart Snacks.