

Wellness Policy Assessment Tool

Form 357 Rev 9/15

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

Reviewer

School Name Miller Grove ISD

Date 9-8-2025

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

I. Public Involvement

5 ● ○ 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 |

5 ● ○ We have a designee in charge of compliance.

Name/Title: Brandi Evans, Lacie Stracener SHAC Chair, Co-Chair

5 ● ○ We make our policy available to the public.

Please describe: School Website

5 ● ○ We measure the implementation of our policy goals and communicate results to the public.

Please describe: Posted on website in SHAC meeting minutes

5 ● ○ Our district reviews the wellness policy at least annually.

II. Nutrition Education

5 ● ○ Our district's written wellness policy includes measurable goals for nutrition education.

5 ● ○ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

5 ● ○ We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☒ High School

III. Nutrition Promotion

5 ● ○ Our district's written wellness policy includes measurable goals for nutrition promotion.

5 ● ○ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

5 ● ○ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

5 ● ○ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

5 ● ○ We ensure students have access to hand-washing facilities prior to meals.

5 ● ○ We annually evaluate how to market and promote our school meal program(s).

3 ○ ● We regularly share school meal nutrition, calorie, and sodium content information with students and families. *See progress notes*

5 ● ○ We offer taste testing or menu planning opportunities to our students.

3 ○ ● We participate in Farm to School activities and/or have a school garden. *Greenhouse is set up. Gardens coming soon*

5 ● ○ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

5 ● ○ We price nutritious foods and beverages lower than less nutritious foods and beverages.

5 ● ○ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ à La Carte

1 ○ ● We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

5 ● ○ We provide teachers with samples of alternative reward options other than food or beverages.

1 ○ ● We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- 5 ● ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- 5 ● ☐ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☒ Grab & Go
- 5 ● ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- 1 ~~5~~ ● ☒ We operate an Afterschool Snack Program.
- 1 ~~5~~ ● ☒ We operate the Fresh Fruit and Vegetable Program.
- 5 ● ☐ We have a Certified Food Handler as our Food Service Manager.
- 5 ● ☐ 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**

- 5 ● ☐ Our district's written wellness policy includes measurable goals for physical activity.
- 5 ● ☐ We provide physical education for elementary students on a weekly basis.
- 5 ● ☐ We provide physical education for middle school during a term or semester.
- 5 ● ☐ We require physical education classes for graduation (high schools only).
- 5 ● ☐ We provide recess for elementary students on a daily basis.
- 5 ● ☐ We provide opportunities for physical activity integrated throughout the day.
- 5 ● ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- 5 ● ☐ Teachers are allowed to offer physical activity as a reward for students.
- 5 ● ☐ We offer before or after school physical activity: ☒ Competitive sports ☐ Non-competitive sports ☐ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- 5 ● ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- 5 ● ☐ We provide training to staff on the importance of modeling healthy behaviors.
- 5 ● ☐ We provide annual training to all staff on: ☒ Nutrition ☒ Physical Activity
- 5 ● ☐ We have a staff wellness program.
- 5 ● ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- 5 ● ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- 5 ● ☐ We have a recycling/environmental stewardship program.
- 5 ● ☐ We have a recognition /reward program for students who exhibit healthy behaviors.
- 5 ● ☐ 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

- Looking at ways to share calorie, nutrition, and sodium content information with students and families.
- Plan to attend the next food show at Region 8. (with students)
- Plan to discuss the above items at the next SHAC meeting. (will be placed on agenda)

VIII. Contact Information:

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

Name Brandi Evans Position/Title School Nurse /RN

Email bevans@mgisd.net Phone 903-459-3288

Wellness Policy Assessment Score

25-26

Total Score 220 / 48 Questions = **4.583**

5 = Satisfactory

3 = Needs improvement

1 = Not Participating or Not Started