

Wellness Policy Annual Evaluation Form

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the MJUSD Student Wellness Policy and to determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board for review. This evaluation must be completed annually **by a School Wellness Team** (comprised of an Administrator, teacher, ASB president, PTO/PTSO president, Nutrition Site Manager, District Nurse and others as appropriate) and returned to the Superintendent or designee by **May 1st** of each year.

Explanations: For each criterion, give evidence/data/examples of how your school meet or exceeded. If an item is marked “Needs Improvement”, include your school’s plan to do to accomplish this goal next year.

Please include as many additional comments as possible, as the Coordinated School Health and Wellness Committee and the Board would like to take note of best practices among the schools.

If you have any questions regarding filling out this survey, you can contact Amber Watson, Director of Nutrition Services at awatson@mjustd.com or 530-749-6178.

School Site: _____

Date: _____

Individuals involved in completing evaluation (print): _____

Contact phone number/email of facilitator: _____

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Overview, Health and Safety	Needs Improvement	Meets	Exceeds	Explanation and/or Future Plan
1. Your school promotes a healthy lifestyle to your staff, students, and parents.				
2. The programs and/or activities provided by your school set your school at or above the standards of the MJUSD Student Wellness Policy.				
3. School site is monitored for potential hazards.				
4. An “anti-bullying” policy is enforced.				
5. A drug- and substance-free environment is promoted.				
6. Your school encourages events that promote and support a healthy lifestyle.				

Reference: BP 5030 pages 1-3

Additional comments on how your school site/department promotes health and wellness:

*Individual data will be collated and reported as a summary to the Board. Follow-up questions may be asked in response to this survey, but specific names will not be mentioned in our results.

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Physical Education, Nutrition Education, and Other School-Based Activities	Needs Improvement	Meets	Exceeds	Explanation and/or Future Plan
1. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.				
2. The physical education curriculum at your school follows the California Education Code 51210/51222 requirement (BP/AR 6142.7) a. Grades 1-6: 200 minutes every 10 school days b. Grades 7-12: 400 minutes every 10 school days				
3. Physical education/activity is not used for disciplinary purposes.				
4. Physical education is delivered by well-prepared and well-supported staff.				
5. Nutrition education is provided as part of the health education program in grades K-12.				
6. Nutrition education is integrated into core academic subjects.				
7. Nutrition education is offered through before- and after-school programs, summer learning programs, and school garden programs.				

Reference: BP 5030 pages 2-3; AR 5030 pages 1-2

Additional comments on your school site’s physical activity and physical education:

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Nutrition	Needs Improvement	Meets	Exceeds	Explanation and/or Future Plan
<i>Nutrition Services</i>				
1. Cafeteria staff are well-prepared and efficiently serve meals to your students.				
2. Foods and beverages provided through the federally reimbursable school meal program follow federal regulations.				
3. Fresh, safe, free drinking water is available to students during meal times.				
<i>Food and Nutrition Standards</i>				
4. All foods and beverages sold on school campus, including fundraisers, from midnight and up to one half hour after the school day comply with the California Education Code, California Code of Regulations, and USDA Smart Snacks in Schools (See Exhibit 5030.2).				
5. All foods available on campus come from Health Department approved food service distribution sources.				
6. Homemade foods are not sold to students.				
7. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus.				
8. Non-food rewards are encouraged for student achievement.				
9. Staff/parents are encouraged to support the District policy regarding food/beverages donated for classroom celebrations.				

Reference: BP 5030 pages 3-4; AR 5030 pages 2-3

Additional comments on foods and beverages available on campus and nutrition education:

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Staff, Community, Parent and Volunteer Involvement	Needs Improvement	Meets	Exceeds	Explanation and/or Future Plan
1. The school community, parents, teachers, and staff encourage a healthy lifestyle for students.				
2. Teachers and staff model healthy behaviors.				
3. The Parent/Volunteer group at your school promotes health and wellness to students by incorporating physical activity into program, fundraisers, events or other school-related functions.				
4. Foods and beverages sold or served on campus from midnight and up to one half hour after the school day support healthy eating and meet the California Education Code, California Code of Regulations, and USDA Smart Snacks in Schools (See Exhibit 5030.2)				
5. Food sold at school-related events (i.e. fundraisers, athletic events, etc.) come from Health Department approved food service distribution sources.				
6. Nutrition quality of food/beverages is considered when donating for occasional class parties/celebrations.				
7. Class parties/celebrations are limited to no more than one unhealthy food/beverage per party.				
8. Class parties/celebrations are held after the lunch period.				
	Not at all Confident	Confident	Very Confident	Comments
9. How confident does the Parent/Volunteer group at your school feel about meeting the nutrition standards set forth in the MJUSD Wellness Policy?				

Reference: BP 5030 pages 3-4; AR 5030 pages 2-3

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Please list any fundraisers or other events that the Parent/Volunteer group hosts that promote healthy behaviors (related to nutrition, physical activity, etc.) to our students. Please share best practices.

Additional comments on how the Parent/Volunteer group at your school promotes health and wellness:

Students, Organizations and ASB	Needs Improvement	Meets	Exceeds	Explanation and/or Future Plan
1. Your school promotes safety on campus.				
2. Your school promotes a drug- and substance-free environment.				
3. Your school enforces an “anti-bullying” policy on campus.				
4. Your school promotes a healthy lifestyle (healthy eating, physical activity, etc.)				
5. Food and beverages sold on your school’s campus from midnight and up to one half hour after the school day comply with the California Education Code, California Code of Regulations, and USDA Smart Snacks in Schools (See Exhibit 5030.2).				

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Students, Organizations and ASB (cont.)	Needs Improvement	Meets	Exceeds	Explanation and/or Future Plan
6. Food safety and sanitation standards are followed at all school-related events (i.e. cafeteria, class celebrations, fundraisers, athletic events, etc.)				
7. Classroom celebrations involving food are healthy.				
8. Elementary: Student organization sales meet all of the following, during school hours: a. Only one food or beverage item per sale. b. The food/beverage item is pre-approved by the governing board of the school district. c. The sale occurs after the lunch period has ended. d. The food/beverage item is not prepared on campus. e. No more than four sales per school are conducted. f. The food/beverage item sold is not also sold in the food service program on the same day.				
9. Middle/High: Student organization sales meet all of the following, during school hours: a. No more than 3 categories of food/beverage are sold each day (i.e. chips, sandwiches, juice, etc.) b. The food/beverage item is pre-approved by the governing board of the school district. c. Only one student organization sale is conducted each day. d. The food/beverages are not prepared on campus. e. The food/beverage categories sold are not also sold in the food service program on the same day. f. No more than four “Food Days” are held within one school year. “Food Days” were held on: 1. _____ 2. _____ 3. _____ 4. _____				

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Students, Organizations and ASB (cont.)	Needs Improvement	Meets	Exceeds	Comments
10. How confident is your Student Organization/ASB class at your school about understanding and following the nutrition standards in the MJUSD Wellness Policy? <i>Circle the response that best reflects your opinion.</i>	Not at all Confident	Confident	Very Confident	
11. Were you aware of the MJUSD Wellness Policy before you filled out this evaluation form? <i>Circle the response that best reflects your opinion.</i>	No	Somewhat – I’ve only heard of it	Yes – I’ve read it!	

Reference: BP 5030 pages 3-4; AR 5030 pages 2-3

Please list any fundraisers or other events that the Student Organization/ASB at your school hosted that promote healthy behaviors (related to nutrition, physical activity, etc.)

What is your favorite health-related event that your school has hosted this year?

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Health Services	Needs Improvement	Meets	Exceeds	Explanation and/or Future Plan
1. The District Nurses review and support the MJUSD Wellness Policy.				
2. District Nurses educate Health Services and school site designees regarding MJUSD protocol and local public health communicable disease control policies.				
3. School representatives refer students and staff to District Nurses who require information or assistance with nutrition, respiratory management, disease prevention/detection, tobacco cessation, and emotional wellness.				
4. District Nurses provide non-mandated screenings for students as indicated, notifying parents/guardians of failed screenings and follow up on referrals.				
5. District Nurses maintain a current list of low/no cost health care resources and low/no cost health insurance.				
6. District Nurses participate in community health information outreach activities.				

Reference: BP 5030 pages 1-3; AR 5030 pages 1-2

Additional comments on how Health Services promotes health and wellness:

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Wellness Action Plan:

To be completed by wellness team as a whole. Please outline your school site’s Wellness Action Plan by answering the following three questions:

Identify at least three areas that you would like to improve:

What are the next steps you need to take to improve in these areas?

What help or support do you need in order to make the improvements?

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