

Mid-Del Schools Wellness Survey Summary	Elementary			Middle Schools			High Schools		
	Fully In Place (3) Total	Partially in Place (2) Total	Not In Place (1) Total	Fully In Place (3) Total	Partially in Place (2) Total	Not In Place (1) Total	Fully In Place (3) Total	Partially in Place (2) Total	Not In Place (1) Total
These statements include best practice activities that schools can strive to attain. Mid-Del Schools is working to improve wellness activities for all students.									
All foods sold during the school day meet Smart Snack nutrition requirements unless officially exempted.	8	1	0	2	0	0	1	0	0
Elementary and middle school beverages are caffeine-free and the proper size.	9	0	0	2	0	0	na	na	na
Exempted Fundraisers are properly documented and tracked by the secretary.	8	0	1	2	0	0	1	0	0
Nutrition education is offered in the school cafeteria.	6	1	2	1	1	0	1	0	0
Healthy and Fit School Advisory Committee studies and makes recommendations regarding health education and nutrition & health services.	7	2	0	1	1	0	0	1	0
Offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc.).	7	2	0	0	2	0	1	0	0
Our district's written wellness policy includes measurable goals for physical activity.	8	0	1	1	1	0	0	0	1
We provide physical education for elementary students on a weekly basis.	9	0	0	0	1	0	0	0	0
We provide physical education for middle school during a term or semester. We require physical education classes for graduation (high schools only).				2	0	0	0	0	0
We provide recess for elementary students on a daily basis.	9	0	0	0	0	0	0	0	0
We provide opportunities for physical activity integrated throughout the day.	8	1	0	1	0	1	1	0	0
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.	7	2	0	0	1	1	0	0	0

We offer before or after school physical activity. Indicate the following:									
Competitive sports	0	0	9	2	0	0	1	0	0
Non-competitive sports	3	0	6	2	0	0	0	0	1
Other clubs	7	0	2	2	0	0	1	0	0
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	7	2	0	2	0	0	1	0	0
We ensure students have access to hand-washing facilities prior to meals.	9	0	0	2	0	0	1	0	0
We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).	9	0	0	2	0	0	1	0	0
We annually evaluate how to market and promote our school meal program(s).	7	1	1	1	1	0	1	0	0
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.	4	3	2	1	1	0	1	0	0
We participate in Farm to School activities and/or have a school garden.	2	1	5	0	2	0	1	0	0
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.	6	0	3	1	1	0	1	0	0
We offer fruits or non-fried vegetables in: Vending Machines, School Stores and Snack Bars.	3	2	2	0	0	1	0	0	1
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.	3	3	3	1	1	0	0	1	0
We prohibit the use of food and beverages as a reward.	1	3	5	0	1	1	0	0	1
We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:									

In school store	3	0	3	0	1	0	0	0	0
Fundraisers	7	0	2	0	1	1	1	0	0
Vending Machines	0	1	3	1	0	0	1	0	0
Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.	6	0	3	0	2	0	0	0	1
We provide training to staff on the importance of modeling healthy behaviors.	5	1	3	0	2	0	0	0	1
We provide annual training to all staff. Indicate the following:									
Nutrition	2	1	6	0	0	2	0	0	1
Physical Activity	3	1	5	0	0	2	1	0	0
We have a staff wellness program.	4	0	5	0	0	2	1	0	0
We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .	9	0	0	2	0	0	1	0	0
We actively promote walk or bike to school for students with Safe Routes to School or other related programs.	6	2	1	1	1	0	0	0	1
We have a recognition/reward program for students who exhibit healthy behaviors.	5	3	1	1	0	1	0	0	1
We have community partnerships which support programs, projects, events, or activities.	5	2	2	1	1	0	1	0	0