

Jean Massieu Academy

Annual Assessment of Wellness Program

1. Did your site based decision making committee, school wellness committee, and/or other school committee composed of school administrators, teachers, school nurse/health professionals, parents, students, and members of the public provide input to achieve the goals and/or activities as outlined in the school wellness policy for your school or administered by your school during the year? (I.e. Healthy Eating, Jump Rope for Heart, Faculty Challenges, etc)

Circle One: Yes or No (please explain)

Please review the goals from the JMA School Wellness Program below and note your responses:

2. The nutritional quality of foods served by the child nutrition department meets or exceeds the standards set by the Texas Department of Agriculture.

Please note whether you agree with the following:

	<u>Yes</u>	<u>No</u>
The meals served will:		
1. Be appealing to students (Chg. Vendors - Twelve Oaks)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Be served in clean pleasant surroundings	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Meet nutritional requirements	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Offer a variety of fruits and vegetables	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. Serve only low fat or fat free milk	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. Ensure that half of the grains served are whole grain	<input type="checkbox"/>	<input type="checkbox"/>

3. Nutrition and physical activity will be promoted. JMA will teach, encourage, and support healthy eating by stakeholders.

Please note whether you agree with the following:

Schools provide nutrition education and engage in nutrition promotion that:

	<u>Yes</u>	<u>No</u>
1. Is provided at each grade level to protect student/stakeholder health	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Is part of classroom instruction as well as health/PE classes	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Includes developmentally appropriate participatory activities	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Promotes healthy food choices such as low fat, fruits, & vegetables	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. Emphasizes the relationship between food intake and exercise	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. Emphasizes and reinforces physical activity and a healthy lifestyle	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Physical activity opportunities and physical education will be encouraged for all stakeholders.

Please note whether you agree with the following:

Schools provide education toward and promote physical activities so that:

	<u>Yes</u>	<u>No</u>
1. All students have daily PE or its equivalent up to 135 min/week	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Elementary students have at least 15 min/day of supervised recess	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. After school programs encourage daily periods of physical activity	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Physical activity and a healthy lifestyle are promoted for all stakeholders	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. School facilities are available after hours for individuals or groups to conduct physical activities or offer other nutrition or health related activities	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Completed By: JMA Wellness Comm. Date: 9/21/18