

# Jean Massieu Academy

## Assessment of School Wellness Policy

### To Be Completed Triennially (Every Three Years)

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 School Wellness Policy 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:

Yes      No

The meals served will:

- |  |   |     |
|--|---|-----|
| a. Be appealing to students                              | ✓ |     |
| b. Be served in clean pleasant surroundings              | ✓ | ___ |
| c. Meet nutritional requirements                         | ✓ | ___ |
| d. Offer a variety of fruits and vegetables              | ✓ | ___ |
| e. Serve only low fat or fat free milk                   | ✓ | ___ |
| f. Ensure that half of the grains served are whole grain | ✓ | ___ |

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

Please note whether you agree with the following:

Yes      No

Schools provide nutrition education and engage in nutrition promotion that:

- |  |   |     |
|--|---|-----|
| g. Is provided at each grade level to protect student/stakeholder health | ✓ |     |
| h. Is part of classroom instruction as well as health/PE classes         | ✓ | ___ |
| i. Includes developmentally appropriate participatory activities         | ✓ | ___ |
| j. Promotes healthy food choices such as low fat, fruits, & vegetables   | ✓ | ___ |
| k. Emphasizes the relationship between food intake and exercise          | ✓ | ___ |
| l. Emphasizes and reinforces physical activity and a healthy lifestyle   | ✓ | ___ |

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

Please note whether you agree with the following:

Yes      No

Schools provide education toward and promote physical activities so that:

- |   |   |     |
|---|---|-----|
| m. All students have daily PE or its equivalent up to 135 min/week  | ✓ |     |
| n. Elementary students have at least 15 min/day of supervised recess  | ✓ | ___ |
| o. After school programs encourage daily periods of physical activity   | ✓ | ___ |
| p. Physical activity and a healthy lifestyle are promoted for all stakeholders  | ✓ | ___ |
| q. School facilities are available after hours for individuals or groups to conduct physical activities or offer other nutrition or health related activities | ✓ | ___ |

Completed By: JMA Wellness Comm. Date: 08/26/22