

# School Wellness Inventory

Missouri Coordinated School Health Coalition

Supported by the Missouri Foundation for Health

*The purpose of this project is to develop a universal school wellness tool that can be used to develop, implement, evaluate, and continuously improve School Wellness Policies and related wellness activities.*

DISTRICT NAME:

COMPLETED BY:

DATE COMPLETED:

**Our district has a Wellness Policy Committee (WPC) or School Health Advisory Committee (SHAC) that oversees school health and safety policies and programs.**

Yes (Please specify WPC/SHAC: \_\_\_\_\_)

No

**Our committee has met the following number of times during the past 12 months.**

None

1 to 3 times

4 to 6 times

7 or more times

Our committee:	Yes/No/ Somewhat	Comments/Notes (N/A)
a. Has accessed and read our school district and building health and safety policies (this includes school wellness policy)		
b. Works in conjunction with district-level health and safety committees		
c. Has a designated committee leader. This person(s) is/are: _____		
d. Includes an <b>active</b> representative from the following groups (*designates required by PL108-265): <ul style="list-style-type: none"> <li>• School Administration (Principal, Asst. Principal, Superintendent)*</li> <li>• Representative of the Local Education Agency (mark all who are represented)*:               <ul style="list-style-type: none"> <li>○ Nutrition Services (Food Service Director or Manager)</li> <li>○ Physical Education Teacher</li> <li>○ Health Education (Health Teacher/Health Educator)</li> <li>○ Family and Consumer Science Teacher</li> <li>○ Classroom Teacher (Other than Physical Education or Health)</li> <li>○ School Nurse, School Health Clinic Staff, or trained professional Health Services Provider</li> <li>○ School Counselor, Psychologist, or Social Worker</li> <li>○ Others (e.g., Coach, Playground Supervisor, Resource Officer)</li> </ul> </li> <li>• Family Involvement (Parent/Guardian, PTSA/PTSO Member)*</li> <li>• Student(s)*</li> <li>• Community Member/Member of the Public (e.g., Health Department, Business Leader)*</li> <li>• School Board Member*</li> <li>• Other (please specify):</li> </ul>		

Each group should ideally be represented by separate members. If any committee members represent more than one group (e.g., school nurse is family representative), please describe here:

## SCHOOL WELLNESS POLICY MONITORING AND EVALUATION

Our committee routinely uses a formalized method to monitor implementation of our school wellness policy, develop data-based action plans, and evaluate progress:	Yes/No/ Somewhat	Comments/Notes (N/A)
a. Our committee has a plan for measuring implementation of the School Wellness Policy (if defined at the district level, building-level committee is aware of the plan).		
b. Our committee has designated one or more persons to ensure policy compliance.		
c. Our committee collects school or district-wide wellness data using a tool like the School Health Index.		
d. Our committee has used school-wide or district-wide wellness data to develop an action plan with specific, measurable goals.		
e. Our committee has collected school-wide wellness data and used that data to evaluate progress in meeting the goals in our action plan.		

Our committee tracks policy and/or environmental changes that result from School Wellness Policies (check all that apply, write in any data you have):	Yes/No/ Somewhat	Comments/Notes (N/A)
Revenue of Healthy Vending: <ul style="list-style-type: none"> <li>• Elementary \$_____</li> <li>• Middle or Junior High \$_____</li> <li>• High Schools \$_____</li> </ul>		
Revenue of School Stores: <ul style="list-style-type: none"> <li>• Elementary \$_____</li> <li>• Middle or Junior High \$_____</li> <li>• High Schools \$_____</li> </ul>		
Participation in the USDA School Breakfast Program (measure average daily participation): <ul style="list-style-type: none"> <li>• Elementary #_____</li> <li>• Middle #_____</li> <li>• High School #_____</li> </ul>		

Our committee tracks policy and/or environmental changes that result from School Wellness Policies (check all that apply, write in any data you have):	Yes/No/Somewhat	Comments/Notes (N/A)
Participation in the USDA National School Lunch Program (measure average daily participation): <ul style="list-style-type: none"> <li>• Elementary # _____</li> <li>• Middle # _____</li> <li>• High School # _____</li> </ul>		
Plate Waste in School Lunches (report by level if applicable):		
Healthier foods and beverages introduced, implemented and accepted into: <ul style="list-style-type: none"> <li>• Vending</li> <li>• Concession stands</li> <li>• Fundraisers, classroom parties</li> </ul>		
<i>These additional health and educational performance indicators can measure changes that result from School Wellness Policies (check all that apply, write in any data you have):</i> Fitness Scores: <ul style="list-style-type: none"> <li>• Aerobic Capacity</li> <li>• Body Composition</li> <li>• Muscular Strength</li> <li>• Muscular Flexibility</li> <li>• Muscular Endurance</li> </ul>		
Behavior Incidences: <ul style="list-style-type: none"> <li>• Office referrals</li> <li>• Absenteeism</li> <li>• Tardiness</li> <li>• Truancy</li> <li>• Risky behaviors</li> </ul>		
Academic performance (e.g., MAP scores):		
Other (please list any possible data sources that could be broadly related to school wellness):		

## FAMILY COMMUNICATION AND INVOLVEMENT

Our committee communicates and involves families in school wellness activities:	Yes/No/ Somewhat	Comments/Notes (N/A)
a. Our committee has made the School Wellness Policy accessible to families (e.g., posted on website, included in student handbook).		
b. Our committee has <b>actively</b> informed families about the School Wellness Policy (e.g., newsletter, conferences, PTO/PTA/PTSO/PTSA meetings).		
c. Our committee has collected information from parent to evaluate/improve: <ul style="list-style-type: none"> <li>• The PE program and other physical activity programs at school</li> <li>• School meals or foods offered in schools</li> <li>• Health education at our school</li> </ul>		
d. Our committee has included families in School Wellness Policy Monitoring and/or Evaluation (e.g., monitoring implementation, collecting evaluation data, revising policies; outside of committee participation).		
e. Our committee has involved families in planning wellness activities (e.g., health fairs).		
f. Our committee has provided families with information/resources about the following topics: <ul style="list-style-type: none"> <li>• Physical activity</li> <li>• Healthy eating/Healthy weight</li> <li>• Effective parenting strategies</li> <li>• A tobacco-free lifestyle or smoking cessation</li> <li>• Other (please describe):</li> </ul>		
g. Our committee has offered programs, activities or events for families, related to: <ul style="list-style-type: none"> <li>• Physical activity (e.g., field day, mileage/walking clubs)</li> <li>• Health eating/Healthy weight (e.g., health fairs, food tasting)</li> <li>• Effective parenting strategies (e.g., Parenting at the Speed of Teens parent night)</li> <li>• A tobacco-free lifestyle or smoke cessation (e.g., school anti-smoking campaigns)</li> <li>• Other (please describe):</li> </ul>		

Our committee communicates and involves families in school wellness activities:	Yes/No/ Somewhat	Comments/Notes (N/A)
h. Our committee has reached or involved the community (e.g., chamber of commerce, service clubs such as Rotary, local farmers) by: <ul style="list-style-type: none"> <li>• Inviting community members to programs, activities or events related to health</li> <li>• Involving community members to plan and coordinate health-related activities</li> </ul>		
i. Our committee involves parents/guardians in the following school or school-linked activities: <ul style="list-style-type: none"> <li>• PTA/PTO; PTSA/PTSO</li> <li>• Parent Center/Family Resource Center</li> <li>• After School Programs (school-based or sponsored)</li> <li>• After School Family Events (e.g., family fun nights)</li> <li>• Practical Parenting Partnerships</li> <li>• School volunteers (e.g., classroom, cafeteria, playground)</li> <li>• Mentoring</li> <li>• Booster club</li> <li>• Advisory board</li> <li>• School-community activities (e.g., neighborhood meetings, check out bags)—please specify:</li> <li>• Other (please list):</li> </ul>		

**COMMENTS:**

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