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.
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

<table>
<thead>
<tr>
<th>Our committee:</th>
<th>Yes/No/Somewhat</th>
<th>Comments/Notes (N/A)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Has accessed and read our school district and building health and safety policies (this includes school wellness policy)</td>
<td></td>
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<tr>
<td>b. Works in conjunction with district-level health and safety committees</td>
<td></td>
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<tr>
<td>c. Has a designated committee leader. This person(s)</td>
<td></td>
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<tr>
<td>is/are:</td>
<td></td>
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<tr>
<td>d. Includes an <strong>active</strong> representative from the following groups (*designates required by PL108-265):</td>
<td></td>
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</tr>
<tr>
<td>• School Administration (Principal, Asst. Principal, Superintendent)*</td>
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<tr>
<td>• Representative of the Local Education Agency (mark all who are represented)*:</td>
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<tr>
<td>o Nutrition Services (Food Service Director or Manager)</td>
<td></td>
<td></td>
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<tr>
<td>o Physical Education Teacher</td>
<td></td>
<td></td>
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<tr>
<td>o Health Education (Health Teacher/Health Educator)</td>
<td></td>
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<tr>
<td>o Family and Consumer Science Teacher</td>
<td></td>
<td></td>
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<tr>
<td>o Classroom Teacher (Other than Physical Education or Health)</td>
<td></td>
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<tr>
<td>o School Nurse, School Health Clinic Staff, or trained professional Health Services Provider</td>
<td></td>
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<tr>
<td>o School Counselor, Psychologist, or Social Worker</td>
<td></td>
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<tr>
<td>o Others (e.g., Coach, Playground Supervisor, Resource Officer)</td>
<td></td>
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<tr>
<td>• Family Involvement (Parent/Guardian, PTSA/PTSO Member)*</td>
<td></td>
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<tr>
<td>• Student(s)*</td>
<td></td>
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<tr>
<td>• Community Member/Member of the Public (e.g., Health Department, Business Leader)*</td>
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<tr>
<td>• School Board Member*</td>
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<tr>
<td>• Other (please specify):</td>
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</tbody>
</table>

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:

<table>
<thead>
<tr>
<th></th>
<th>Yes/No/Somewhat</th>
<th>Comments/Notes (N/A)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td></td>
<td></td>
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<tr>
<td>b.</td>
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<td>c.</td>
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<td>d.</td>
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<tr>
<td>e.</td>
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</tbody>
</table>

### Our committee tracks policy and/or environmental changes that result from School Wellness Policies (check all that apply, write in any data you have):

<table>
<thead>
<tr>
<th></th>
<th>Yes/No/Somewhat</th>
<th>Comments/Notes (N/A)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue of Healthy Vending:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Elementary $___________</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Middle or Junior High $___________</td>
<td></td>
<td></td>
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<tr>
<td>• High Schools $___________</td>
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<td></td>
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<tr>
<td>Revenue of School Stores:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Elementary $___________</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Middle or Junior High $___________</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• High Schools $___________</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Participation in the USDA School Breakfast Program (measure average daily participation):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Elementary #___________</td>
<td></td>
<td></td>
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<tr>
<td>• Middle #___________</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• High School #___________</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our committee tracks policy and/or environmental changes that result from School Wellness Policies (check all that apply, write in any data you have):</td>
<td>Yes/No/ Somewhat</td>
<td>Comments/Notes (N/A)</td>
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<tr>
<td>---</td>
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<tr>
<td>Participation in the USDA National School Lunch Program (measure average daily participation):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Elementary #___________</td>
<td></td>
<td></td>
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<tr>
<td>- Middle #___________</td>
<td></td>
<td></td>
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<tr>
<td>- High School #___________</td>
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<tr>
<td>Plate Waste in School Lunches (report by level if applicable):</td>
<td></td>
<td></td>
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<tr>
<td>Healthier foods and beverages introduced, implemented and accepted into:</td>
<td></td>
<td></td>
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<tr>
<td>- Vending</td>
<td></td>
<td></td>
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<tr>
<td>- Concession stands</td>
<td></td>
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<tr>
<td>- Fundraisers, classroom parties</td>
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</tbody>
</table>

*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):*

<table>
<thead>
<tr>
<th>Fitness Scores:</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>- Aerobic Capacity</td>
<td></td>
<td></td>
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<tr>
<td>- Body Composition</td>
<td></td>
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<tr>
<td>- Muscular Strength</td>
<td></td>
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<tr>
<td>- Muscular Flexibility</td>
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<tr>
<td>- Muscular Endurance</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Behavior Incidences:</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>- Office referrals</td>
<td></td>
<td></td>
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<tr>
<td>- Absenteeism</td>
<td></td>
<td></td>
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<tr>
<td>- Tardiness</td>
<td></td>
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<tr>
<td>- Truancy</td>
<td></td>
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<tr>
<td>- Risky behaviors</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Academic performance (e.g., MAP scores):</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Other (please list any possible data sources that could be broadly related to school wellness):</td>
<td></td>
<td></td>
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</tbody>
</table>
**FAMILY COMMUNICATION AND INVOLVEMENT**

<table>
<thead>
<tr>
<th>Our committee communicates and involves families in school wellness activities:</th>
<th>Yes/No/ Somewhat</th>
<th>Comments/Notes (N/A)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Our committee has made the School Wellness Policy accessible to families (e.g., posted on website, included in student handbook).</td>
<td></td>
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<tr>
<td>b. Our committee has <strong>actively</strong> informed families about the School Wellness Policy (e.g., newsletter, conferences, PTO/PTA/PTSO/PTSA meetings).</td>
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<td></td>
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</tbody>
</table>
| c. Our committee has collected information from parent to evaluate/improve:  
  - The PE program and other physical activity programs at school  
  - School meals or foods offered in schools  
  - Health education at our school | | |
| 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:  
  - Physical activity  
  - Healthy eating/Healthy weight  
  - Effective parenting strategies  
  - A tobacco-free lifestyle or smoking cessation  
  - Other (please describe): | | |
| g. Our committee has offered programs, activities or events for families, related to:  
  - Physical activity (e.g., field day, mileage/walking clubs)  
  - Health eating/Healthy weight (e.g., health fairs, food tasting)  
  - Effective parenting strategies (e.g., Parenting at the Speed of Teens parent night)  
  - A tobacco-free lifestyle or smoke cessation (e.g., school anti-smoking campaigns)  
  - Other (please describe): | | |
<table>
<thead>
<tr>
<th>Our committee communicates and involves families in school wellness activities:</th>
<th>Yes/No/Somewhat</th>
<th>Comments/Notes (N/A)</th>
</tr>
</thead>
<tbody>
<tr>
<td>h. Our committee has reached or involved the community (e.g., chamber of commerce, service clubs such as Rotary, local farmers) by:</td>
<td></td>
<td></td>
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<tr>
<td>• Inviting community members to programs, activities or events related to health</td>
<td></td>
<td></td>
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<tr>
<td>• Involving community members to plan and coordinate health-related activities</td>
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<tr>
<td>i. Our committee involves parents/guardians in the following school or school-linked activities:</td>
<td></td>
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<tr>
<td>• PTA/PTO; PTSA/PTSO</td>
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<tr>
<td>• Parent Center/Family Resource Center</td>
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<tr>
<td>• After School Programs (school-based or sponsored)</td>
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<tr>
<td>• After School Family Events (e.g., family fun nights)</td>
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<tr>
<td>• Practical Parenting Partnerships</td>
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<tr>
<td>• School volunteers (e.g., classroom, cafeteria, playground)</td>
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<tr>
<td>• Mentoring</td>
<td></td>
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<tr>
<td>• Booster club</td>
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<tr>
<td>• Advisory board</td>
<td></td>
<td></td>
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<tr>
<td>• School-community activities (e.g., neighborhood meetings, check out bags)—please specify:</td>
<td></td>
<td></td>
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<tr>
<td>• Other (please list):</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**COMMENTS:**

Funding for this project was provided in full by the Missouri Foundation for Health. The Missouri Foundation for Health is a philanthropic organization whose vision is to improve the health of the people in the communities it serves.