

## DISTRICT WIDE WELLNESS POLICY SURVEY

### Administrative survey

Healthy School Environment	Needs Improvement	Meets	Exceeds	Comments
1. Healthy eating behaviors modeled and reinforced	2/31	25/31	4/31	Food Service provides healthy meals X 2. Students are encouraged to eat breakfast and lunch. Students are encouraged to bring healthy snacks for parties. There is a conscientious effort on behalf of our staff to model good eating and follows the federal food guidelines during the school day. Our staff is very health conscious and model good eating habits. Staff does not eat w/students. Staff does not eat unhealthy foods in front of students.
Nutrition Services	Needs Improvement	Meets	Exceeds	Comments
1. Cafe Staff serve students efficiently	1/31	11/31	19/31	Always well prepared. They are very friendly and courteous with our students and staff. Cafeteria staff is exceptional in the preparation and dispersal of meals on campus. Retrained annually. Students would like healthier choices not so much prepackaged food
2. Meals are healthy and appealing	3/31	19/31	9/31	District provides prepackaged foods that are unappealing. The food is very processed. Cafeteria staff offers a wide variety of options for healthy eating. Staff will also accommodate students w/dietary restrictions. This year, cafeteria is offering Subway sandwiches which is very popular w/students. Students would like

				healthier choices not so much prepackaged food
3.Food/Beverages accommodate religious, ethnic, culture diversity	2/31	22/31	7/31	Some can't eat meat- more options would be nice instead of PBJ. We haven't had this experience. We do have it and it is in the annual parent handbook but many parents are not aware. This year I made a point since we have many students who are vegetarian or non-pork diet. The kitchen staff make sure that all meals look presentable and appealing to students and staff. Staff has done an exceptional job of supporting students with special diets. Various types of food are prepared weekly. There are meals specially prepared for students w/religious exemptions and/or dietary issues

Comments: Grant provides opportunity to engage students. Snacks sold by cafeteria in the past – snacks need to be healthy. The cafeteria has improved greatly over the years. The fruit and vegetables variety the last Director had for students was amazing. Staff and students education occurs frequently but family education needs to be improved. This year, our cafeteria and food services have done an amazing job providing not only access to free food but also a variety to choose from. Students have shared their favorites and how much they have enjoyed the food this year. We ensure no cupcakes are brought for celebrations, no outside food for school lunches, portions of snacks are monitored and Takis and other kind of chips are monitored

**STAFF SURVEY**

Nutrition Services	Needs Improvement	Meets	Exceeds	Comments
1.Cafe Staff serve students efficiently	1/29	10/29	18/29	The cafeteria staff is friendly and organized. They accommodate our students' needs and desires. Students rarely have to wait in line. They are very professional and supportive to our students. Our cafeteria staff is excellent and very accommodating but students don't have enough time to get their food, find a place to eat and

				eat. Lunch lady is always here on time and provides food on time to our students. Does an excellent job knowing the students dietary restrictions. Checks with staff for updates when needed. Our cafeteria staff work hard to prepare student meals
2.Meals are healthy and appealing	4/29	18/29	7/29	District provides prepackaged foods that are unappealing. The food is very processed. The food that is served is always fresh and warm. It is presented in a way that is easily accessible and appealing to the students. Students enjoy most of the meals. Students have lots of options to choose from. Food is prepared in a healthy way but it could be more esthetically appealing. I think the meals are adequate, but I often hear students saying they do not want to eat school lunches.
3.Food/Beverages accommodate religious, ethnic, culture diversity	2/29	19/29	8/29	I don't think we have any students who have strict religious diets, but if we did, they would not meet the standards for Muslim or Jewish people x 2
5. Staff encourages students to participate in school meal program		13/29	16/29	All students are offered breakfast and lunch, even when they are late to school. Students are never denied food

Comments: In person parent education would probably increase family engagement. The cafeteria Managers are amazing when it comes to the foods and beverages available on campus. They always make sure that the students are taking food from the appropriate categories and giving friendly reminders if a student has forgotten to take something from the available choices. I had to request curriculum from the dairy council to use with my students. It is not the best but is all I had. Generally, our school reinforces healthy eating behaviors, however, students frequently eat chips. Some students said they don't like school lunches and that pizza is served too often. Students also do not always make the most of the breakfast that is offered here, but they say that they are hungry

## PARENT SURVEY

2.Ensure foods/beverages sold meet Ed Code		17/30	13/30	Happy w/food sold and served on campus; School is mindful of variety of sold items – student grams, after school sales, cafeteria options. No food sales -all sales run thru foodservices. We need to improve and provide healthier, nutritionally dense food items for breakfast and lunch. We need to provide fresh foods rather than prepackaged items. We need to provide foods with less sugar content. I am aware of the different types of fruits that are usually provided during break/nutrition time. I believe it is important for the students to have healthy options for snacks. And the students should be encouraged to try new fruits and not to be wasteful. Especially for lunch, as parents we’re always told of daily veggies, fruit, and healthy beverages. These usually concede w/our monthly breakfast/lunch menu. In past, PTA sells during sports games when games begin after 3 pm. The school offers meals to all students
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## STUDENT SURVEY

Student/ASB	Needs improvement	Meets	Exceeds	Comment
1.School promotes healthy lifestyle	3/36	20/36	13/36	PE class very adamant about staying fit X 3. Physical Activity is on a daily basis in PE. Been doing better with Physical activity Looking for more staff participation. We have a thing for 4 <sup>th</sup> graders to learn. Variety of healthy foods provided in the cafeteria. Food has improved over the years including nutritional values.

				<p>MS students can do a better job of eating healthy.</p> <p>The school could improve on emphasizing nutritional and physical activity to students who are not in sports or PE X 2. We need to continue to promote healthy eating and being active at school and home.</p>
2.foods/beverages sold meet Ed Code	3/31	16/31	12/31	<p>Breakfast and lunch is nutritious for most part. Food Service staff promotes rule that you have to take a fruit or vegetable; I would like more options. The food is healthy. Pre-packaged with preservatives is not healthy. Not appetizing. Although our food meets health codes, I think our school can improve on variety and quality of food to prevent students from relying on snack/vending machines.</p> <p>ASB follows guidelines and sells snacks 30 minutes after the last school bell. Half healthy, half junk. Food fundraisers sometimes use outside vendors during evening events. ASB or other groups sale a lot of water and Gatorade</p> <p>Other than nutrition books, nutrition is not really integrated into core subject areas.</p>

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