

## NMCSC Wellness Policy Assessment Tool

District: North Montgomery

Reviewer: Wellness Committee

School: Secondary Level: NMMS, NMHS

Date: 2025

Select all grades: PK  K  1  2  3  4  5  6 \* 7 \* 8 \* 9 \* 10 \* 11 \* 12 \*

Y	P	N	PM	N/A	
					Student accessibility during the school day.
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	USDA school lunch program meals
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Smart snack foods
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking water throughout the day
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Provide opportunities for physical activity

Y	P	N	PM	N/A	
					Guidelines for foods sold.
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resources for nutrition information available to staff
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Marketing during school day consistent with smart snack compliance
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Student food service a la' carte, vending, and fund raisers comply with smart snack guidelines

Y	P	N	PM	N/A	
					Information for non-sold foods.
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rewards for student behavior, available if needed
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Classroom celebrations, nutrition & ingredient label requested

Y	P	N	PM	N/A	
					Nutritional promotion encouraged.
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Signage of nutritional messages present to increase healthy lifestyles
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Modeling of nutritious food choices
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Menu information available

Y	P	N	PM	N/A	
					Nutritional education goals.
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Health education program
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Non health class integration of nutrition education, when applicable
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cafeteria nutritional information

Measure Met Key: Y=Yes P=Partially N=No PM=Progress Made (scale 1 to 10: note beside goal)  
N/A=Not Applicable

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Y	P	N	PM	N/A	
					Physical activity goals.
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Physical activity in additional to physical education curriculum
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Decreasing physical activity discouraged as discipline
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	School physical activity facilities encouraged for use

Y	P	N	PM	N/A	
					Other school based activities.
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Physical activities promoted as fund raisers
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Programs implemented that support wellness messages

Y	P	N	PM	N/A	
					District-wide Wellness Committee
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Has an identifiable chair/co-chair assigned to the committee
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Required members are included
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Develops guidance to wellness policy
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Annually informs staff, parents, students, and public of policy
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Evaluates wellness policy every three years
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Serves as a resource for school sites
*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	How does the NMCSC Policy compare to model wellness policies Found at <a href="https://www.doe.in.gov/nutrition/school-wellness-policy">https://www.doe.in.gov/nutrition/school-wellness-policy</a>

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