

Mt. Pleasant ISD Wellness Policy Triennial Assessment Results

District Name: Mt Pleasant ISD

School Name: District Report

Circle Grade Levels-PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

We encourage the participation by all stakeholders in the development of the district wellness policy. **Yes/No** **100% Yes**

Our wellness policy is available to the public on our district website. **Yes/No** **86% Yes**

Our district reviews the wellness policy annually. **Yes/No** **86% Yes**

II. Nutrition Education

Nutrition education is offered in school dining areas through Child Nutrition posters that outline proper and healthy nutrition. **Yes/No** **100% Yes**

USDA and TDA Smart Snack regulations are provided to principals, directors, coaches, and student organizational sponsors. **Yes/No** **100% Yes**

Students in all grades receive nutrition education that is age appropriate. **Yes/No** **100% Yes**

III. Nutrition Promotion

We promote healthy eating and nutrition with signage, menus, posters, and bulletin boards. **Yes/No** **100% Yes**

We offer taste testing for our students annually at a regionally sponsored food show or in our local dining rooms. **Yes/No** **100% Yes**

Staff is encouraged to model healthy eating habits in district dining rooms. **Yes/No** **86% Yes**

The district shares educational nutrition information with parents with families to promote healthy nutrition choices inside and outside of the school environment. **Yes/No 86% Yes**

Links to websites which promote healthy nutrition choices are published on the District's Monthly Menus. **Yes/No 58% Yes**

The Food Service Administration reviews signage and promotional materials annually in all dining rooms across the district. **Yes/No 100% Yes**

IV. Physical Activity

Campuses provide students with opportunities to participate in developmentally appropriate regular physical activity outside the regular classroom setting. **Yes/No 100% Yes**

We allot time for physical activity consistent with national and state standards **Yes/No 100% Yes**

We require physical education classes for graduation. **Yes/No 100% Yes**

MPISD Jr. High Track and Field is available after hours for public recreational use. **Yes/No 100% Yes**

We complete the required FitnessGram Physical Fitness Assessment annually. **Yes/No 100% Yes**

V. Other School Based Wellness Activities

Student health is supported by campus nurses by coordinating health screenings and taking care of the health of students and staff. **Yes/No 100% Yes**

SHAC evaluates the goals of the district wellness plan annually. **Yes/No 86% Yes**

We have school district staff who are CPR certified. **Yes/No 100% Yes**

We have community partnerships with support programs, projects, events, or activities. **Yes/No 86% Yes**

We have a staff wellness plan. **Yes/No 43% Yes**

We provide annual training for staff on nutrition and physical activity. **Yes/No 29% Yes**

We provide staff with training on modeling healthy behaviors for students **Yes/No 29% Yes**

