

District Wellness Assessment
– presented by Chris Minor, Director of Food Services

Hello My name is Chris Minor and I am the Director of Food Services here at Mercer County Schools I'd like to take this opportunity to present to you the Annual District Wellness Assessment in accordance with the Healthy Hunger Free Kids Act of 2010.

Each fall, the schools P-5 and our 6-8 school complete a self-assessment on 7 modules which address the following wellness topics. Recommended are grades 6-12 but it is optional for them to participate. We will use the data from P-5 grades.

- 1) School Health, Safety Policies & Environment (District)
- 2) Health Education (District)
- 3) Physical Education and Other Physical Activity Programs (District)
- 4) Nutrition Services (District)
- 5) Health Services (School)
- 6) Counseling, Psychological & Social Services (School)
- 7) Health Promotion for Staff (District)
- 8) Family & Community Involvement (School)

Modules 1, 2, 3, 4 and 7 are required for District Reporting by January 31 of each school year. Modules 5, 6 and 8 are strictly used for school evaluation.

Module 1 - Fully in place and Recess is offered at our schools.

Under development -School policies regarding withholding physical activity as punishment as well as using physical activity as punishment and access to physical activity facilities after school hours.

Module 2 – All criteria regarding Health Education is fully in place at our schools Grades PK-8 which encompass sequential standardized health education and curriculum. This also includes Professional Development opportunities for our Health Education teachers.

Module 3 – All criteria regarding Physical Education is fully in place at our schools Grades PK-8 which involves Sequential Physical Education Curriculum, Professional Development and Licensing of Physical Education Teachers

Module 4 – Five out of eight criteria are met through Nutritional Services – Breakfast/Lunch programs are fully established, Variety of foods are offered in all school meals, continuing education and professional development for all school nutrition staff are offered, venues outside the cafeteria are offer fruits/vegetables (Summer programs, Field Trips, etc.), adequate time for students to consume meals.

Currently under development are Farm to School Activities, Collaboration between nutrition services staff and teachers for nutrition education, promotions of healthy food and beverage choices using the Smarter Lunchroom Techniques.

Module 7 – Two items are part way in place when it applies to Staff Health Promotions – Health Assessments and promoting of staff member participation. The GO365 App. Also staff Assessments two times a year. And all staff are allowed to use the sports complex to work out on their own time. Items are not in place at this time regarding Healthy eating/weight management opportunities for staff members as well as physical activities/fitness programs.