

MASA Wellness Policy Feedback

Superintendents: We are hoping that you will take the time to participate by completing this survey. We appreciate your best estimate of what is occurring in your district in regard to the federally mandated Wellness Policy. The information will help MASA provide support and guidance regarding these policies. Thank you.

Please mark the appropriate line/column with an "x" (unless otherwise noted). If any questions do not apply to you simply indicate with N/A.

1. Who is developing/developed the federally mandated Wellness Policy in your District (PTA, school nurse, health educator, administrator, etc.)?

2. Did you have policies regarding food, nutrition, health, and physical activity in place before developing the federally mandated Wellness Policy? *(Please mark one)*

Yes
 No
 In the development process

3. What components are addressed/incorporated in your federally mandated Wellness Policy?
 (Please indicate whether or not the following components are included in your Wellness Policy)

	In our policy	Not in our policy	N/A
Meals served through the National School Lunch and Breakfast Program			
Breakfast availability for all children			
Social stigma regarding free and reduced-priced meals			
Meal duration times and scheduling			
Qualifications of school food service staff			
Nutrition Education			
Nutrition education requirements			
Quality of nutrition education			
Incorporate physical activity into lessons			
Communication with parents (seminars, handouts, school menu nutrient analysis)			
Food marketing restrictions (logos/brand name items, freebies, coupons)			
Wellness Committees			
School health council			
Staff wellness committee			
Student wellness committee			
Physical Education			
Physical education requirements			
Recess (elementary school)			
Physical activity as form of punishment			
Safe routes to school (for walking, biking, etc)			
Use of school facilities outside of school hours			
Competitive Foods (food sold outside reimbursable school meal program)			
Beverages available			
Food items available			
Portion sizes offered			
Food availability (in and out of the classroom)			
Items available for fundraising activities			
Items used as rewards in the school classroom			

4. What resources did you use to help develop your federal Wellness Policy? *(Mark all that apply)*

Online Websites

Consultant

Printed Literature

Workshops/Seminars

None (skip question 5)

Other (please identify) _____

5. Describe the resource that was/is most useful to you:

6. Which health and wellness policies have been most effective and useful at your school? Please explain HOW they've been effective. *(Indicate N/A if no wellness policies are currently being implemented)*

7. What did you do to overcome the challenges of developing and implementing a Wellness Policy?

a. Development:

b. Implementation:

8. What is your recommendation for schools that are struggling with the Wellness Policy process?

9. Can we use information from this survey, anonymously, as a model/guide for other school districts?

Yes

No

10. What can MASA do to assist in this Wellness Policy process?

Thank you for taking the time to complete this survey!

Please return to MASA -1884 Como Ave. St. - Paul, MN 55108 by April 27, 2006. (Return envelope enclosed)