

Monticello Public Schools 2021 Triennial Wellness Policy Assessment

Ciara McDonald, Director of Dining Services

May 11, 2021

Section 1: General Information

- **Schools Included in assessment:**

- Monticello High School
- Monticello Middle School
- Little Mountain Elementary School
- Pinewood Elementary School
- Eastview Education Center

Month and year of current assessment:

- April 19, 2021

Date of last Local Wellness Policy Revision:

- September 10, 2018

Website address for the wellness policy and or information on how the public can access a copy:

- <https://www.monticello.k12.mn.us/cms/lib/MN01809626/Centricity/Domain/53/Policy%20533%20Wellness%20Policy.pdf>

Section 2: Wellness Committee Information

- Monticello Public Schools Wellness Committee meets 3 times a year.
- Designated School Wellness Leader

| Name | Job Title | Email Address |
|----------------|-----------------------------|-------------------------------------|
| Ciara McDonald | Director of Dining Services | Ciara.mcdonald@monticello.k12.mn.us |

- School Wellness Committee Members

| Name | Job Title | Email Address |
|----------------------|-------------------------------------|--|
| Cindy Fasching | Director of Teaching and Learning | Cynthia.fasching@monticello.k12.mn.us |
| Sarah Welk | District/Community Social Worker | Sarah.welk@monticello.k12.mn.us |
| Tina Burkholder | Director of Business Services | Tina.burkholder@monticello.k12.mn.us |
| Jamie Sieben | Board Member | Jamie.sieben@monticello.k12.mn.us |
| Andrew Zigan | Physical Education Specialist at HS | andrew.zigan@monticello.k12.mn.us |
| Josh Larsen | Physical Education Specialist at PW | josh.larsen@monticello.k12.mn.k12.us |
| Maria Wessman-Conroy | Social Worker at EEC | maria.wessman-conroy@monticello.k12.mn.us |
| Michelle Holthaus | Parent Representative | |

Section 3: Comparison to Model School Wellness Policy

- Model Policy language used for comparison
 - MSBA Model Policy
- How does our policy compare to model wellness policy?
 - Follows current MSBA model

Well Stat Scores –

<https://drive.google.com/file/d/1kkELJehLmHebfbQXeXF8HV0sFRfWdEFn/view?usp=sharing>

Section 4: Compliance with the Wellness Policy and Progress towards Goals

Nutrition Promotion and Education Goal(s)

| Goal | Meeting Goal | Partially meeting Goal | Not Meeting Goal | Describe progress and next steps |
|---|--------------|------------------------|------------------|--|
| The School District will encourage all students to make age appropriate, healthy selections of foods and beverages. | x | | | All current dining services district promotion materials provided to students and families include promotion of age appropriate, healthy selections of foods and beverages. **Next step: add promotional materials on district website to reach more families and increase awareness |
| Promotion that is offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health | | x | | **Next step – updating district website to provide promotion that is part of a comprehensive program. |
| Promotion that is part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate | | x | | Students are provided information on student wellness in all classes **next steps – specific goal to include time/type of promotions provided to students during classroom instruction. |
| Promotion that is enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips. | | x | | During the 2020/2021 school year limited promotion of activities that include participatory activities due to covid-19. Previous school years utilized programs such farmers market events, MN great apple crunch, tastings, field trips to farms, future chef events, Culinary throw down, middle school Fine dining. Next steps – Return to previous participatory promotions when allowable per federal, state and local applicable policies due to Covid-19 |

Physical Activity Goal(s)

| Goal | Meeting Goal | Partially Meeting Goal | Not meeting Goal | Describe progress and next steps |
|--|--------------|------------------------|------------------|--|
| Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television or video/electronic games | | | x | Elementary students are provided recess each school day (20 to 30 mins. per a day), PE and health classes provide education on healthy lifestyle. How to make healthy choices and nutrition. FACs classes are provided in 8 th grade and as an elective in High School. **Next Steps – create specific goals in policy to provide guidance on how goal will be met. Possible increase of PE to 30 mins a day grades PreK to 8? |
| Opportunities for physical activity will be incorporated into other subject lessons, where appropriate | | x | | creation of 50/50 learning movement utilizing outdoor space, Monticello expanded the Nature Based preschool program to include grades K-5, **Next Steps - increase student enrollment at Nature base locations, utilize nature base activities at the “traditional” elementary school locations. Think outside of the box in 50/50 teaching, create outside spaces to incorporate learning and activity |
| Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate | | x | | Students are provided movement breaks throughout the day, during school year 2020/2021 mask breaks were also provided to students |

School Based Activities to promote student Wellness

| Goals | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe progress and next steps |
|-------|--------------|------------------------|------------------|----------------------------------|
| | | | | |

** Currently no goals listed in the current district wellness policy for school based activities to promote student wellness.

** Wellness committee held on 4/21/21 suggested goals centered around a variety of topics

- Mental health/ mindfulness - wellness goes beyond nutrition and physical activity. Mind, body and soul
 - 7 Mindset curriculum and 2nd Step
 - Sensory rooms
 - Health Curriculum
 - Virtual Calming Room - Already available on district website
- All schools are required to develop comprehensive school physical activity programs that address family and community engagement in physical activity, and provide a wide-variety of offerings
- Have recess prior to lunch
- Elementary assembly w/ Director of Dining Services regarding nutrition

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)

| Goal | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe progress and next steps |
|---|--------------|------------------------|------------------|---|
| The school district will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations | X | | | All school meals served at Monticello Public Schools meet applicable federal, state, and local laws, rules, and regulations. |
| Food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. | X | | | Menus are planned and created to meet students preferences within a budgetary mindset that all meet or exceed all USDA guidelines for nutrition and portion sizes. |
| The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day. | X | | | Meal schedules are created at each individual school to allow students sufficient time to eat their meal after they sit down (20 to 30 mins depending on school). Accommodations are made for students that need additional time or fit into special circumstances as needed. Next Steps - exact time available in policy |
| The School District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals | X | | | Students are not identified by Free, Reduced or paid status during meal periods, dining services staff except for Director of Dining Services and Dining Services Administrative staff our unable to see students meal status. All students are provided a meal that meets all USDA nutritional requirements equivalent to their peers even if the students account is in the negative. Free and Reduced information is sent to the parent/guardian directly unless specifically requested by parent/guardian to send home in with student discreetly. |

Guidelines for other foods and beverages available on the school campus, but not sold

| Goal | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe Progress and next steps |
|--|--------------|------------------------|------------------|---|
| All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. | X | | | All snacks served during the school day (defined by USDA as 12am until 30 minutes after school is over) meet SMART snack USDA standards. |
| Before and Aftercare (child care) programs must also comply with the school district's nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards. | X | | | Snacks provided to all Monticello before and after school programs meet smart snack standards set by the USDA. Smart snacks are purchased from the dining services department to ensure compliance with all applicable USDA standards. |
| Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through Celebrations and parties | | X | | Schools are starting to reach out to dining services staff to determine what snacks are approved as SMART snack options. **Next steps – provide information to teachers, staff, admin on smart snack options. Provide communication/program to staff and parents that snacks can be purchased through Dining Services that meet all USDA nutritional guidelines for SMART snacks. Provide smart snack calculator to teachers and staff |

Marketing and advertising of only foods and beverages that meet Smart Snacks

| Goal | Meeting Goal | Partially Meeting Goal | Not Meeting Goal | Describe Progress and next steps |
|---|--------------|------------------------|------------------|--|
| School-based marketing will be consistent with nutrition education and health promotion. | X | | | All school based marketing is consistent with nutrition education and health promotion |
| Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards. | X | | | No marketing is provided to students for any food products during the school day that does not meet the USDA SMART snack nutrition standards. Work with PTO to offer healthy fundraiser items. |