

 <p>Mehlville School District Individually Focused. Committed to All.</p>	School: Washington Middle Completed by: Kelly Roberts & Katie Gegg Date: 4/23/24		
Policy Component: Nutrition Guidelines			
Goal #1: School meal programs are consistent with State and U.S. Department of Agriculture (USDA) requirements and HealthierUS Schools criteria.			
Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
1.1 Inform appropriate constituencies (parents, teachers, school administrators, community, etc.) about this key element of the Wellness Policy.	Yes		Located on the District website-School Food and Nutrition/District Wellness Program
1.2 Plan and prepare menus to comply with established nutrition standards	Yes		
1.3 Provide food service personnel with regular professional development on school meal programs, nutrition/health education, and wellness.	Yes		
1.4 Share nutrition information about foods and beverages with school constituencies to the extent possible.	Yes		Located on the District website-School Food and Nutrition/Menus/Menu Nutritional Analyses
Goal #2: Increase meal participation rates by offering quality, accessible, and appealing meals.			
Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
2.1 Provide students an opportunity for input on school menu items.	Yes		Speak with students about what items they like/don't like and would like to see offered in the cafe
2.2 Feature menus with healthy choices that are flavorful and attractively presented.	Yes		
2.3 Upgrade eating and serving areas to improve function and image of the cafeteria.	Yes		
2.4 Promote the school meal programs to all constituencies.	Yes		
2.5 Provide food safety training to all nutrition staff.	Yes		
2.6 Conduct regular food tasting activities with students to introduce healthy menu items	Yes		product sampling with students
Goal #3: Vending and à la carte nutrition standards will meet the USDA's Smart Snacks guidelines.			
Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments

3.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
3.2 Ensure à la carte foods and beverages meet nutrition standards and support healthy eating	Yes		
Goal #4: Food and beverage items offered at school parties, celebrations, and other events occurring at school during the school day will meet the USDA's Smart Snacks guidelines.			
Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
4.1 Inform appropriate constituencies about this key element of the Wellness Policy	Yes		
4.2 Provide the school system with alternatives to food for celebrations.	Yes		Located on District website-School Food & Nutrition/USDA Smart Snacks Guidelines
4.3 Provide schools with the food nutrition standards and tools to help determine if food/beverage items meet the Smart Snack guidelines.	Yes		Located on District website-School Food & Nutrition/USDA Smart Snacks Guidelines
Goal #5: Use non-food rewards for school accomplishments.			
Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
5.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
5.2 Provide the school system and Parent Teacher Association/Organization (PTA/PTO) with alternatives for food rewards.	Yes		Located on District website-School Food & Nutrition/USDA Smart Snacks Guidelines
5.3 Provide training to teachers on non-food related incentives.	Yes		
Goal #6: School-based organizations should raise funds with non-food options.			
Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
6.1 Inform appropriate constituencies about this key element of the Wellness Policies	Yes		
6.2 Provide the school system and PTA/PTO with alternatives to food fundraisers	Yes		Located on District website-School Food & Nutrition/USDA Smart Snacks Guidelines
Goal #7: Students will have adequate space and time to eat in a pleasant dining environment.			
Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
7.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
7.2 Provide facilities that are easy to access and adequate to meet demand.	Yes		

7.3 Provide meal schedules that support healthy meal patterns.	Yes		
7.4 Provide recess before lunch whenever possible	No		Recess is offered after lunch at the elementary schools since COVID to ensure proper handwashing

Policy Component: Nutrition Promotion & Education

Goal #1: Students in Pre-kindergarten through grade 12 will receive a comprehensive program in health education focused on the skills needed to adopt healthy eating behaviors and lifelong wellness practices.

Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
1.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
1.2 Skills-based nutrition education, as a part of a dedicated, stand-alone, term-long comprehensive health education program, is provided to every student at every grade level PreK-8.	Yes		
1.3 Skills-based nutrition education, as a part of a dedicated, stand-alone, term-long comprehensive health education program, is provided to every student at the high school level annually (1/2 credit per year).	NA		
1.4 Planned instruction is aligned to the national and state health education standards.	Yes		
1.5 Nutrition education is culturally relevant and teaches students about cross-cultural nutrition.	Yes		
1.6 Instruction is aligned to the Centers for Disease Control and Prevention's Characteristics of Effective Health Education Curricula.	Yes		

Goal #2: All schools will have highly-qualified teachers who are adequately prepared and who participate in regular professional development activities to effectively deliver nutrition education in the context of comprehensive school health education.

Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
2.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
2.2 All teachers who teach health education receive annual professional development on health education, current nutrition information, and best educational practices.	Yes		
2.3 All schools will have highly-qualified teachers who are adequately prepared and who participate in regular professional development activities to effectively deliver nutrition education in the context of comprehensive school health education.	Yes		

Goal #3: Schools will collaborate with community agencies to enhance nutrition education efforts.			
Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
3.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
3.2 Food and Nutrition Services and other community agencies collaborate with teachers to reinforce nutrition education lessons taught in classroom.	No	Meet with Curriculum Directors to see how SFNS can get involved with classroom nutrition lessons	
3.3 Healthy eating is promoted to families and the surrounding community.	Yes		
3.4 The cafeteria is used as a "learning laboratory" and includes enjoyable, developmentally-appropriate, participatory activities such as taste tests, promotions, and visits to farms.	Yes		Student taste tests, theme days, Celebrate National School Lunch and Breakfast Weeks, School Lunch Hero Day
Goal #4: Nutrition education is integrated into other subject areas besides health education			
Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
4.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
4.2 The nutrition content of health education and physical education curricula is aligned.	Yes		
4.3 Curricular connections for nutrition education are made in core subject areas; e. g., science, social studies, math, and language arts.	Yes	This could always be improved and reiterated to staff but is integrated at in various coursework.	
Goal #5: Provide the community with the knowledge, skills and opportunity to make healthy lifestyle choices.			
Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
5.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
5.2 Provide nutrition information to the community utilizing the District Website and other publications.	Yes		
5.3 Collaborate with community agencies to promote scheduled events that focus on wellness.	Yes		

Policy Component: Physical Education & Physical Activity

Goal #1: Schools will have a Physical Education (PE) program that is consistent with national and state standards.

Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
1.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
1.2 Provide a dedicated space for PE that meets the needs of the instructional program.	Yes		
1.3 Provide instruction in PE that is aligned with the national and state PE standards.	Yes		
1.4 Employ PE teachers who are Missouri state-certified in PE in all PE classrooms.	Yes		
1.5 Assess students in PE for fitness, movement concepts, and skill development for program improvement and student goal setting.	Yes		
1.6 Offer programs that are individualized for students with disabilities in PE and athletics.	Yes		
1.7 Provide instructional time in PE at the elementary and middle school levels that meets the national standards of 150 minutes for elementary school and 225 minutes for middle school.	Yes		
1.8 Align the nutrition and fitness content of the PE and health education curriculums.	Yes		
1.9 Identify and recognize outstanding programs in PE.	Yes		

Goal #2: Schools will participate in regular professional development activities to effectively deliver PE and adapted PE instructional programs.

Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
2.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
2.2 Plan yearly high-quality professional development to address current curricular instructional initiatives.	Yes		

Goal #3: Schools will collaborate with community agencies to enhance PE and physical activity efforts.

Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
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3.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
3.2 Provide increased physical activity opportunities to students before and after the school day and during school vacations to allow students to accumulate 60 minutes of daily physical activity.	Yes		Variety of clubs: cross country, volleyball, open gym, track and field, frisbee
3.3 Collaborate with existing physical activity programs to provide increased physical activity opportunities for the community.	No		
3.4 Collaborate with other state agencies and organizations to develop programs to encourage students and staff to walk or bike to and from school.	No		

Goal #4: Schools will integrate PE and physical activity into the entire school day in order to allow students to accumulate 60 minutes of daily physical activity.

Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
4.1 Inform appropriate constituencies about this key element of the Wellness Policy.	Yes		
4.2 Promote kinesthetic learning experiences in all core subject areas; e.g., science, social studies, math, and language arts.	Yes		
4.3 Provide daily recess with physical activity for a minimum of 20 minutes to allow students to accumulate 60 minutes of physical activity every day.	NA		Middle school does not have daily recess. Students do go outside the last 10 minutes of lunch.

Policy Component: Other School-Based Activities designed to Promote Student Wellness

Goal #1: School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness

Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
1.1 Provide opportunities for school staff to be more physically active.	Yes		
1.2 Encourage school staff to develop healthy eating habits.	Yes		
1.3 Staff will promote healthy eating, and physical activity, and will serve as role models.	Yes		

Goal #2: Families and the school community will be involved in wellness activities.

Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
2.1 Sponsor community service projects encouraging physical activity.	Yes		Annual kickball tournament for students and staff

Goal #3: School Health Services will promote and participate in wellness activities.

Activity	Accomplished (Yes, No, NA)	Possible Improvements	Comments
3.1 Conduct teaching activities in the classroom to promote student health and wellness.	Yes		
3.2 Develop current lists of community health resources for students and families.	No		