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|  <p>Mehlville School District Individually Focused. Committed to All.</p> | School: Trautwein Elementary Completed by: Shannon Henderson, Katie Gegg Date: 5/6/2024 | | |
| 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 |
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| 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 | | Replaced/upgraded serving lines in the past few years |
| 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 |
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| 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 |

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| 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 | | |

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| 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 |
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| 1.1 Inform appropriate constituencies about this key element of the Wellness Policy. | No | 6-12 grade teachers are aware and teach the topic, but Pre-K-5 do not specifically teach it. | |
| 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. | No | Not specifically taught in Pre-K-5 | |
| 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. | NA | | |
| 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. | | | |
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| 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 | | |
| 3.3 Collaborate with existing physical activity programs to provide increased physical activity opportunities for the community. | Yes | | |
| 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 | We do not collaborate with agencies, though students do walk to school. | |

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. | No | Students have 20 minutes of recess daily, though PE is every 4 days. There is much movement through music class. | |

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 |
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| 2.1 Sponsor community service projects encouraging physical activity. | Yes | | |

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. | Yes | | |