

Monroe-Gregg School District

Wellness Policy Goals

Goal 1. Coordinated School Health Advisory Council (Wellness Committee)

Short Term Goal (To be accomplished in the next 1-2 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Identify potential members and create the Wellness Committee	October 2025	Follow DOE suggestions for recommended committee members	Katie Fulayter

Intermediate Goal (To be accomplished in the next 2-3 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Develop specific responsibilities for each committee member	October 2027	Identify interests and strengths of the each member to delegate appropriate responsibilities	Katie Fulayter Committee members

Long Term Goal (To be accomplished in the next 5 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Part
Identify potential future members of the wellness committee to take over committee responsibilities	October 2030	Each member, after fulfilling obligations of being a committee member, should identify and invite potential successor	Committee members

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Goal 2. Nutrition

Short Term Goal (To be accomplished in the next 1-2 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
By the end of the 2025-2026 school year, all vending machines available to students will be in compliance with the Smart Snacks Standards	June 2026	* Middle School vending machines will not have juice. * Vending machines that are not in compliance with the Smart Snacks will be locked from 12 am to 3:30 pm.	Katie Fulayter Nick Purichia
Students will be given instruction to promote healthy choices	June 2026	* Classroom presentations with food service professionals to highlight the benefits of a balanced diet using resources such as the My Plate guidelines * Elementary farm to school field trips	Alexa Beltz/ Health Department/Jordyn Galyan Elementary/primary classroom teachers

Long Term Goal (To be accomplished in the next 5 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Establish a “Farm to Plate” initiative utilizing local/surrounding community farmers and Agri-Science classes	October 2030	* Agri-Science curriculum will promote the benefits of growing your own fruits and vegetable * Food service director connecting with local/surrounding farmers to provide options for cafeteria	Agri-Science teachers Alexa Beltz

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Goal 3. Physical Activity

Short Term Goal (To be accomplished in the next 1-2 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Increase the number of students who are physically active during the school day	June 2027	Have conversations with teachers, principals, and guidance regarding benefits of physical activity	Teachers Principals Guidance Offices Jordyn Galyan

Intermediate Goal (To be accomplished in the next 2-3 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Have PE classes available to all students grades K-5 (weekly), grades 6-12 (daily) Have recess available to students K-8	June 2028	* Increase staff to provide coverage for PE classes for middle school * Eliminate taking recess away from students as a consequence	Principals Superintendent School Board

Long Term Goal (To be accomplished in the next 5 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Establish safe routes to school that will allow students to walk or bike	October 2030	* Contact responsible parties * Discuss issues with school board	Public works department

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Goal 4. Staff Wellness

Short Term Goal (To be accomplished in the next 1-2 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Increase the number of participants for the wellness contests	June 2027	<ul style="list-style-type: none"> * Promote events/contests * Provide opportunities for a Fall/Spring Walking challenge * Share names of individuals who already walking/exercising groups after school 	<p>Kelli Kizzee with the help of Jordyn Galyan</p> <p>Courtney Byrnes/Kierstin Smith-Elem Maaike Allen/Stephanie Neibert-HS</p>

Intermediate Goal (To be accomplished in the next 2-3 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Provide opportunities for staff to have mental health sessions with Adult & Child and Centerstone, and increase the awareness of the EAP program	June 2027	<ul style="list-style-type: none"> * Conversations with Adult & Child and Centerstone * Continue to promote the services of EAP 	<p>Principals Superintendent Kelli Kizzee</p>

Long Term Goal (To be accomplished in the next 5 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Implement exercise classes for staff led by community members on a weekly/bi-weekly basis.	October 2030	<ul style="list-style-type: none"> * Advertise, connect with individuals who provide these opportunities * Locate places in the district to hold these classes * Find equipment and materials needed for classes 	<p>Katie Fulayter Jordyn Galyan Kelli Kizzee</p>

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Goal 5. Evaluation

Short Term Goal (To be accomplished in the next 1-2 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Create rubric to evaluate the goals established by the Wellness Committee	June 2026	Align Evaluation questions to measurable outcomes for each goal	Wellness Committee

Intermediate Goal (To be accomplished in the next 2-3 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Create rubric for other stakeholders (students, building staff) to evaluate the Wellness Policy	June 2028	Involve multiple parties inside the school buildings in the creation of the wellness policy revisions	Wellness Committee

Long Term Goal (To be accomplished in the next 5 years)

Goal	Completion Date	Strategies to Achieve Goal	Responsible Party
Create rubric for outside agencies (community, etc) to evaluate the Wellness Policy	October 2030	Involve multiple parties outside the school buildings in the creation and evaluation of the wellness policy revisions	Wellness Committee