

Five Goal Areas (including yearly goals) for a School Wellness Policy

Utilize this information in setting yearly goals for the five goal areas of school wellness. These lists are not inclusive but are best practices to creating a healthy school environment.

Goal 1 - Nutrition Guidelines

In order to meet the over arching goal, for Nutrition Guidelines, the district will influence the development of healthful life-long eating behavior in students by making the healthy choice the easy choice. It will achieve this by ensuring that nutrient-rich foods and beverages consistent with the Dietary Guidelines for Americans and USDA's Choose My Plate (choosemyplate.gov) are readily accessible on school campus. The District will follow nutrition guidelines for all foods sold on campus during the school day to promote student health and academic performance while taking steps to reduce childhood obesity.

Please select a yearly goal (s) from the list below.

- School nutrition manager has a certified food handler (as documented by ServSafe training).
- School nutrition program staff regularly receives professional development through attending annual statewide or regional conferences.
- School meals are planned in accordance to the USDA's nutrition standards as set by the 2010 Healthy Hunger Free Kids Act, for the National School breakfast, lunch or summer feeding program.
- The district will work towards meeting the USDA Smart Snack rule throughout the school campus during the school day. This includes foods sold in student stores, vending machines, a la carte programs, and fundraisers.
- The district will work towards implementing a farm to school program by putting efforts towards procuring local or regionally grown foods in their school meals programs.
- The district will work towards enhancing their school meal programs by striving to meet the criteria of the USDA HealthierUS School Challenge Award Program.
- The district is working on the promotion of non food student rewards and/or if foods or beverages are used as student rewards they are nutrient rich and are consistent with the USDA's Choose My Plate guidelines. Food will not be used as a reward or incentive in the classroom; staff will not withhold mealtime as a punishment method for students.
- The district will work towards promoting nutrient rich foods and beverages at class room celebrations and/or promote non food activities such as fun physical activities at them.
- The District will work towards ensuring that food based fundraisers held during the school day meet the USDA's Smart Snack rule guidelines.
- The district will work on ensuring the nutrition guidelines are met in the After School Program Snack Program, or the Fresh Fruit and Vegetable Snack Program or the Summer Feeding Program.
- Schools will promote drinking water by improving access to free, safe drinking water in varied locations of the school (including the cafeteria) and through education and encouragement by staff.

Goal 2 – Nutrition Education

In order to meet the over arching goal, for Nutrition Education, the district will influence the development of healthful lifelong eating behaviors in students through nutrition education and nutrition promotion. Nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to adapt health enhancing behaviors. Nutrition education will be incorporated as much as possible into the school day.

Recommendations for Nutrition Education Per Grade Level	
Elementary Students	Nutrition education should be provided to all full-time students.
Middle School Students	Nutrition education should be provided to all students in at least one (two preferable) grades during the school year.
High School Students	Nutrition education is offered in two courses required for graduation.

Reference: Centers for Disease Control, USDA HealthierUS School Challenge Award Criteria, 2014

Please select a yearly goal (s) from the list below.

- The district will strive to achieve the recommendations Nutrition Education by Grade Level (see above) for teaching nutrition education to students per grade level.
- The district teaches students nutrition education using resources based on up-to-date, scientifically based nutrition information consistent with the Dietary Guidelines for Americans and USDA’s Choose My Plate icon.
- The district implements a Farm to School program (a program that purchases local or regional food for school meal programs, uses a garden based curriculum with students, and includes community connections to agriculture) to provide nutrition education and promotion.
- The district will make efforts to utilize school cafeterias as learning laboratories to allow students to apply critical thinking skills in making menu selections.
- The district encourages student engagement in nutrition education through student mentoring activities or projects and the implementation of programs such as Fuel Up to Play 60 or other programs
- Nutrition education will be delivered by staff who are adequately prepared and who participate in professional development activities in order to deliver effective instruction.

Goal 3 - Nutrition Promotion

In order to meet the over arching goal for Nutrition Promotion, the district will influence the development of healthful lifelong eating behaviors in students through nutrition promotion. Nutrition promotion messages are targeted to a specific audience (students, staff, parents or the community) to motivate them to take action. Nutrition promotion will be incorporated as much as possible into the school day.

Please select a yearly goal (s) from the list below.

- The district will promote nutrition through enhancing the cafeteria with the addition of posters, displays, bulletin boards and/or food/nutrition/health -related art work from students.
- The district will initiate nutrition promotion efforts of refreshing water or calcium rich milk as beverages for students during the school day.
- The district will promote nutrition through the sales of healthy snacks and beverages in multiple ways through foods sold in vending machines, student stores, concession stands, and afterschool school snack bars.
- The signage displayed throughout the school campus will promote nutrient-rich foods and beverages as much as possible as evidenced in vending machines, scoreboards, and signs posted in the cafeterias.
- The district will promote nutrition through the use of non food rewards or healthy food rewards.
- The district will encourage staff and parents to plan classroom celebrations that include healthy foods/beverages and limit foods and beverages with high sugar and fat contents.
- The district encourages staff to be role models for health and exhibit a positive outlook toward healthy behaviors through offering staff wellness activities.
- The district will implement Smarter Lunchroom techniques in cafeterias to motivate students to make healthful selections during the school lunch or breakfast meal.
- The district will implement a Farm to School program (this program increases local or regional food procurement, uses a garden based curriculum with students, and includes community connections to agriculture) to provide nutrition education and promotion.
- The district implements fundraising projects that promotes nutritious choices and includes foods from one of the five food groups of the USDA's Choose My Plate meal guidance system.
- The district promotes nutrition to parents, families and the community through sharing information on the school menus, newsletters, website and social media; in addition to food/nutrition/health related classroom projects, school events or activities.

Goal 4 – Physical Activity

In order to meet this over arching goal for Physical Activity, the district will provide opportunities for every student to develop the knowledge and skills for specific physical activities to maintain physical fitness; and to obtain health education that instills an understanding of the short and long-term benefits of a physically active and healthy lifestyle. Activities will be designed to meet the needs, interests and abilities of all students.

Please select a yearly goal (s) from the list below:

Physical Activity Yearly Goal options

- The district will ensure that all students in grades K-12 will receive daily health enhancement (or its equivalent of 150 minutes per week for elementary students; 225 minutes per week for middle and high school students) for the entire school year. Students with disabilities, special health-care needs, and those in alternative education settings will be included.
- The district will ensure that students will spend at least 50% of health enhancement class time participating in moderate to vigorous physical activity.

- The district will ensure that the health enhancement curriculum demonstrates progression and sequence and be consistent with the Montana and/or National Physical Education standards for Kindergarten through grade 12.
- The district will ensure health enhancement is taught by certified health/physical education teachers or teachers that have received professional development in health enhancement and/or physical education.
- The district will ensure that class teacher-to-student ratios (in health enhancement classes) will be equivalent to those of other subject areas in the school.
- The district will ensure that student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the health enhancement requirement.
- The district will ensure that all elementary students will have at least 20 minutes a day of supervised recess, preferably outdoor, during which students are encouraged (verbally and through provision of space and equipment) to engage in moderate to vigorous physical activity.
- The district will discourage extended periods of inactivity, (defined as two hours or more) through giving students recess time or periodic breaks during days when school-wide testing is scheduled.
- Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or academic performance.
- All elementary, middle and high schools will offer extracurricular physical activity program, (i.e. clubs, or intramural programs).
- Middle and high schools, as appropriate, will offer interscholastic sports programs.
- School staff will educate and encourage student participation in community or club activities.
- After-school child care and enrichment program(s) will provide and encourage daily periods of moderate to vigorous physical activity for all participants.

Goal 5 – School Wellness

In order to meet this over arching goal for School Wellness, the district will strive to create a school environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits for students and staff.

Please select a yearly goal (s) from the list below.

School Wellness Yearly Goals options:

- School staff will strive to create comfortable cafeterias by ensuring adequate time to eat for mealtime (breakfast – minimum-10 minutes seat time for students; lunch –minimum 20 minutes seat time). Seat time is defined as time students have to eat their meal (not time spent in line).
- Schools strive to schedule recess before lunch to promote a relaxed eating environment, improved food and milk consumption, and decrease food waste.
- The district partners with school parent organizations to promote student wellness.

- District staff and school parent organizations will strive to offer healthful choices at the concession stands at school sponsored events (sports, music, art, etc).
- Schools will implement innovative practices to increase school breakfast participation, such as breakfast in the classroom or grab and go breakfast service.
- Schools will implement innovative Smarter Lunchroom (behavioral economics) practices to increase the number of students making healthful choices.
- Schools are implementing a farm to school program through making efforts to competitively purchase local or regional food products; and/or include garden based nutrition education; and/or community connections with farmers, ranchers in the area.
- Schools will encourage active transportation (walking, biking, etc) to and from school as a healthy habit.
- The district provides staff opportunities to participate in physical activity and healthy eating programs and encourage staff to serve as role models for healthful lifestyle habits.
- The school will work with the community leaders so that the use of school facilities, outside of school hours, can be utilized by community organizations or agencies to increase the physical activity opportunities for students and their families.
- The district will work together with local public leaders to make it safer and easier for students to walk and bike to school.
- The district encourages professional development opportunities for teachers, administrators and other staff on nutrition education, physical activity, health enhancement and the link between nutrition/activity on students' academic performance and behavior.
- The district offers an annual training session on school wellness strategies to staff, teachers and school administrators.
- The district partners with community groups to promote nutrition, physical activity and wellness to students, staff and families.

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Contact: Katie Bark, (406) 994-5641 or by email at kbark@mt.gov

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References:

[Model Wellness Policy](#), South Dakota Board of Education, September 24, 2012.

[HealthierUS School Challenge Award Criteria Checklist](#), USDA, 2012.

United States Department of Agriculture (USDA) [Section 204 of Public Law 111-296](#) Local School Wellness Policy Implementation, Healthy Hunger Free Kids Act of 2010.

Kansas Department of Education's [School Wellness Policy Builder](#), 2012.

[Action for Healthy Kids, Wellness Policy Tool](#),