Montana School Wellness in Action: Two Success Stories

Montana Team Nutrition
December 6, 2016 Webinar
Thank you to Montana Rural Health Initiative for co-hosting this webinar
Poll Question # 1

■ My position with a school is…

A. Administrator
B. Foodservice Professional
C. Educator
D. Student
E. Parent or Community Partner
Helping Kids Learn, Grow, and Be Healthy

★ Together, parents, school staff, and students can create a healthy school nutrition environment

★ Better health = better learners

★ Kids with healthier eating patterns and enough physical activity tend to:
  ◦ Have better grades
  ◦ Remember what was taught in class
  ◦ Behave better in class
  ◦ Miss less school time
Creating a Healthy School Environment

A wellness policy helps create a healthy school environment. Our wellness policy talks about:

- Nutrition education
- Physical activity
- Foods and drinks sold to students
- Nutrition promotion
- Food and beverages, not sold, but provided to students
- Food and beverage marketing
- Informing the community, leadership, and more
Learning Objectives....Attendees will

- Learn successful *School Wellness Policy In Action Plans* from two Montana school districts;

  - *Hellgate Elementary* in Missoula, and
  - *Troy Public Schools* in Troy
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(*Member of Hellgate School District #4 Wellness Council
Hellgate Action for Healthy Kids Team Cc-leader)
Hellgate School District #4
a great place to learn

Wellness Council Highlights
Dr. Reisig, Superintendent is a School Wellness Champion

*Hellgate Elementary was designated a 2015 National Blue Ribbon School by the U.S. Department of Education.*
CATCH Catches Fire with Fury!

Following a 2016 CATCH training, 4th grade teacher Sue Rowe is piloting CATCH in her classroom with support of the school’s principal, Chris Clevenger. On fire for CATCH, Sue created a bulletin board and began to incorporate CATCH into her weekly lesson plans.

PE Teacher, Derek Dungan expressed interest to pilot CATCH in his P.E. classes. His wellness bulletin board just down the hall from Sue’s CATCH board displays eating healthy and exercising for a healthy mind and body.
Wellness Council Partners with PTA

**Hellgate School Wellness Policy**
The District aims to teach, encourage, and support healthy eating and physical activity by students. Hellgate School District provides nutrition education and engages in nutrition and physical activity promotion that:

- Is offered at each grade level and included in most teaching subjects;
- Promotes heart healthy foods, healthy food preparation methods, and health-enhancing nutrition practices;
- Includes training for teachers and other staff;
- States school-based marketing will be consistent with nutrition education and health promotions;
- Includes Smart Snack guidelines;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Integrates physical activity in the classroom (Take 10 Training) and discourages recess denial.

**Unique Collaboration Between PTA and Wellness Council That Developed Over Time, Based on Mutual Trust and Shared Goals for Health and Academic Success for All Students**
Wellness Council Partners with PTA

Our PTA Mission Statement: PTA's goal is to reach out to every student at Hellgate Elementary.

Hellgate PTA collaborates with the Wellness Council to offer healthy fundraising, assist with wellness activities, materials and equipment that support student health.

It Takes a Village!

Dan Grey, PE Teacher Grades k-2 lures Griz Athletes to help with Family Fun Night

Deb Sension Hall, Middle School PE Teacher, Health Champion and Smoothie Maker Extraordinaire Has Supported the Wellness Council Faithfully Since Inception
Use of the Grant Money

**Goal 1:** Encourage students and faculty to incorporate physical activity as a part of a healthy lifestyle.

**Goal 2:** Reinforce positive nutrition messages by discouraging negative nutrition messages (food rewards) thereby encouraging students to make healthy food choices.

**Goal 3:** Strengthen the school wellness policy across the district with targeted programs.

**Highlighted activities:**

- Dr. Gaskill and Let’s Move Missoula trained 85 staff on increasing physical activity in the classroom (Take 10).
- Purchased k-5 curriculum for each grade and stored them in the library for teachers to check out as needed.
- Let’s Move surveyed teachers and found increased attention span and decreased behavioral problems.
- The Treasure Tower project received start-up funds of $350 from the Team Nutrition grant. PTA funds that are gained from healthy fundraising will help sustain the Treasure Tower.

**Partners:** Hellgate Elementary Wellness Committee (volunteer hours), Department of Health and Human Services, Let’s Move Missoula (staff for training, materials, interns), CATCH (staffing for training and treasure tower), Dr. Steven Gaskill – University of Montana (training), PTA (sustainability of treasure tower program), Mark Moreland (artwork for banners and donated materials)
MBI Partners with Treasure Tower

What is the Treasure Tower?

a. This is the Montana Behavior Initiative (MBI) monthly reward “prize” given to students.
b. k-2 Students earn tokens from their classroom teachers.
c. Supported and coordinated by health leader, Julia McCarthy-McLaverty, k-2 principal.

How do students earn tokens?

a. Every classroom teacher picks two students every month to give a token.
b. Each month is a different theme. Examples are: Peacemaker, Leadership, Doing the Right Thing, Try Your Best and Never Give Up, Respect, Responsibility & Safety, Honesty, and Caring.

Contact Ruth Mahoney with Missoula Treasure Tower at montanrewards4kids@gmail.com to learn more!
Dr. Jacob Francom, Superintendent
Troy Public Schools
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http://www.troymtk-12.us/

Troy Public Schools Mission
Empowering students to develop responsibility, achieve academic excellence, and succeed as lifelong learners
Collaborative Leadership Around Wellness

- Leadership and Maintenance of the School Wellness Committee
- Collaboration with Community
- Updated School Wellness Policy in 2013
- Establishment of Yearly Goals
Nutrition Education and Promotion

- Branded the Junior High/High School Cafeteria
- Involved the High School Student Council
- Health Courses
- No Kid Hungry Volunteer—we are in our second year
- Grants

Eat right, be bright!
Increasing Access to Healthy School Meals and Snacks

In the Elementary School:

- Menu changes/improvements
- 6th grade students write the weekly menu board. Elementary students create the fun names for the daily menu
- Afternoon fruit snack
Increasing Access to Healthy School Meals and Snacks

In the Junior/High School:

• Initiated a daily *Salad Bar*

• Eliminated *a la carte* food choices

• Offer (twice/week) a *Soup and Salad Bar* or *Sandwich and Salad Bar* in addition to the daily menu

• Offer an afternoon fruit snack
Increasing Student Access to a Healthy Breakfast Each Day

- Offering a Breakfast in the Classroom Program in the Elementary and Junior/High Schools
- Participation rates increased by 25%
- Misconduct behaviors have decreased and attendance increased.

Kris Newton, Food Service Director and Wellness Champion prepares and delivers breakfast at the elementary school.
Increasing Physical Activity Opportunities

• All students in grades K-10th grades receive daily physical activity. Elementary students also receive at least 20 minutes or recess/day

• Implemented Structured Recess and a Run Club at the Elementary

• Improved the elementary school playground through collaborative fundraising with community partners
Overcoming Challenges and Next Steps:

Challenges
• Funding
• Staff buy-in

Goals
• Funding
• Applying for a *USDA HealthierUS School Challenge Award*
• Cafeteria Makeover
• Staff wellness
• Increase physical activity and healthy choices of students
• Community involvement
Poll Question # 2

I learned one or more successful action steps to increase access to healthy foods and physical activity opportunities in schools.

A. Agree

B. Disagree

C. Unsure
Poll Question # 3

- I gained knowledge on successful ways to engage school and community partners in school wellness initiatives.

A. Agree  
B. Disagree  
C. Unsure
Questions and Answers
SW Assessment/Communication Tool:
Montana School Wellness Policy District Report

Montana Office of Public Instruction School Wellness Website

www.opi.mt.gov/schoolwellness

Montana School Wellness Policy Assessment Tools:
Looking for a helpful tool for assessing and/or communicating your school district’s policy implementation plan? These tools were developed by Montana Team Nutrition to help districts meet the requirements of the USDA’s school wellness policy and to help them communicate the district’s plan to the public. Utilize this district level or individual school level electronic surveys:
- Montana School Level Wellness Policy Implementation Report
Local School Wellness Policy Outreach Toolkit

Engage school staff and parents in school wellness using these ready-to-go communication tools. Sharing news about your Local School Wellness Policy is easy with these flyers, press releases, newsletter articles, and social media posts. Your school can personalize them to match your Local School Wellness Policy activities.


Four simple steps:

1. Learn about the kit and how to use it.
   - Cover letter

2. Download the communication tools.
   - Letter to Principal
   - Parent Flyer [English] [Spanish]
   - Presentation for Parents
   - Presentation for School Staff
   - Newsletter Article
   - Social Media Posts
USDA’s School Wellness Policy – Final Rule released in July 2016

Helpful Websites:


Montana [www.opi.mt.gov/schoolwellness](http://www.opi.mt.gov/schoolwellness)

Action for Healthy Kids – School Wellness Policy 7 Steps for Success

Share Your School Wellness Success Story with Us

Thank you for your time and commitment to wellness in our school!
The School Wellness Policy Fuels Smart Students

- It ensures a healthy school environment is available to support students in making food and beverage healthy choices
- It helps students receive physical activity opportunities to boost brain power
- It encourages school staff to be healthy role models in making healthy food and beverage choices – a powerful teaching tool
- It reinforces healthy behaviors parents want for their children

Share your School Wellness Success
Thank you!

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