Thanks to Rural Health Initiative

This webinar is being recorded and the link to it will be available at this website:

http://montanaruralhealthinitiative.info/?page_id=16

For registered attendees: 1 hour of OPI Renewal Unit is available for this webinar. Please email kbark@mt.gov to request it.
Objective

• School Wellness Policy Update

• Challenges, Lessons Learned, and Best Practices

• Funding Sources, Helpful Tools, Resources
The Wellness Impact

- Enhancing academic success through healthy school environments

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www/GENYOUthFoundation.org

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Action for Healthy Kids.
You can’t educate kids if they aren’t healthy, and you can’t keep them healthy if they aren’t educated

Dr. Jocelyn Elders (Former US Surgeon General)
The time is right for taking action for healthy Montana kids

Did you know?...

- Only 40% of Montana teens report eating breakfast every day.

- 1 in 5 Montana children may come to school hungry due to food insecurity at home.

- Missoula county childhood Body Mass Index data indicates ~ a quarter of 3rd grade children are overweight or obese.

- Daily fruit and vegetable intakes and physical activity levels are not at recommended levels for teens.

Youth Risk Behavior Survey, Move Missoula, Montana Food Bank Network
Challenges and Lessons Learned from Montana Schools

1. Health is supported but there is often a disconnect when considering other school priorities issues and when student reward system, fundraising projects, scheduling and “school traditions” are considered.

2. School wellness coordination needs to be on someone’s job description for sustainability

3. Funding is needed to support school wellness activities and initiatives.
However, Montana Schools Step Up to the Wellness Challenge. Seeing Improvements in...

School meals, snacks, beverages offered, local food procurement, nutrition education, physical activity breaks, active recess, breakfast service options, healthy fundraisers, non food student rewards, and comfortable cafeterias
Over 100 Montana (13%) Schools – Step It Up to Promote Health

*HealthierUS School Challenge Award Winners*
2006-2014 83 Schools

*Healthier Montana Menu Challenge Award Winners*
2007 – 23 Schools

*First Lady Bullock School Breakfast Awards*
2014 - Corvallis and Darby School Districts
HUSSC Gold, Silver and Bronze Level Award Winners–Healthier Montana Menu Challenge Award Winners

Award Winners from Across the State
Create a Culture of wellness that supports learning and health
First Poll Question
Healthy, Hunger Free Kids Act 2010

- Strengthen local school wellness policies so they become useful tools in evaluating, establishing and maintaining healthy school environments and to provide transparency to the public on key areas that affect the nutrition environment in each school.

- Emphasize local control decision making in each school district.
Strengthened School Wellness Policy Requirements Include:

- Goals for Nutrition Education and Promotion, Physical Activity, Wellness
- Nutrition guidelines for all foods available on each school campus
- Stakeholder input is essential
- Designated official to carry out policy
- Monitoring and measuring progress of implementation plan
- Ongoing communication with the public

Handout: 2014 School Wellness Policy (MTSBA) #2510
Five Best Practices to Successful SW Implementation

1. Obtain Buy-In from Stakeholders
2. Maintain Committee, Chairperson and Regular Meeting Schedule
3. Set Realistic Goals based on School District Needs
4. Communicate with Stakeholders
5. Measure and Report Progress

Handout: Montana School Wellness Policy Best Practices

1. Obtaining Buy-In from Stakeholders

1. School Administrator and Parent (including parent organizations) support are vital to success.

2. Link School Wellness to School Improvement Plans

3. Employee wellness initiatives can help gain staff support and motivate them to be healthy role models

School Wellness Champion
Chicago Public Schools

School Wellness Champion: The principal will annually designate a school employee to serve as…

- the School Wellness Champion who will (i) lead and coordinate their school’s efforts to increase healthy eating and physical activity for students, (ii) serve as the liaison to CPS Office of Student Health and Wellness regarding school level efforts to implement this policy and reporting as needed, and (iii) annually establish, serve on and lead a School Wellness Team that develops goals, strategies and initiatives for student health, wellness.

Chicago Public Schools Policy Manual:
http://policy.cps.k12.il.us/download.aspx?ID=81ss and physical activity during the school year.

Oakland Unified School District, CA School Wellness Champions Program:
http://www.ousd.k12.ca.us/Page/12093
2. School Wellness Committee

1. **Required Members**: parents, students, foodservice, board member, administrator, physical education, school health (nurse/counselor) and community member.

2. **Need a passionate Wellness Leader/Chairperson** - School Administrator or Community Health Member

3. **Regular Meeting Schedule** – 3 to 4 times a year. In order to...Goal Setting, Action Plan, Monitor Progress and Celebrate Success.

Second Poll Question
3. Goal Setting Based on School Needs

1. **Identify Five SW Goal Areas**: Nutrition guidelines, nutrition education, nutrition promotion, physical activity and other wellness areas.

2. **Select One Goal Area per year**: Specify a yearly goal in this area.

3. **Develop and Communicate Action Plan to all Stakeholders**: Action plan includes steps to take to meet goal, timeline and evaluation plan.

Handout: Five Goal Areas (including yearly goals) for School Wellness
Nutrition Guidelines for All Foods Available on Each School Campus:

- Updated School Breakfast and Lunch Meal Patterns
- Smart Snack Policy – 2014-15 SY Priority
- Fundraising Methods – 2014-15 SY Priority

www.opi.mt.gov/smartsnackinschools
Goals for Nutrition Education and Promotion:

- Nutrition Education across the Grade Levels
- Up-to-date Nutrition Education Resources available
- Garden Based Education motivates students to eat more fruits and vegetables.
- Taste Tests are fun and educational
- Professional Development for Teachers is Key for Success

Physical Activity:

- Follow the HealthierUS School Challenge Criteria to ensure students have multiple opportunities for activity and health enhancement
- Brain Breaks and Energizers
- Active Recess Programs, Recess Before Lunch
- Walking Programs, Intramurals

Other School Wellness Goals:

- Expanding School Breakfast Program Participation through Community Eligibility Program (CEP);
- Creating a Smarter Lunchroom (www.smarterlunchrooms.org)
- Creating Comfortable Cafeterias (www.opi.mt.gov/positivemealtimes)

lots of other possibilities…

www.opi.mt.gov/schoolwellness
Assess Your School Practices and Environment with these Tools

- USDA’s HealthierUS Smarter Lunchroom Challenge Criteria List

- CDC’s School Health Index
  http://www.cdc.gov/healthyyouth/shi/

- CDC’s Tips for Teachers - Key areas that teachers can do to support better health and learning in their classrooms
4. Ongoing Communication with the Public:

1. On going communication between SW committee chair and school principals and parent organization chairpersons.

2. Host a school wellness staff training per year to inform and involve staff in wellness implementation plan. “If to expect it, must teach it.”

3. Post school wellness articles on school website, newsletter or shared on social media (Facebook, etc.)
Monitoring, Measuring and Reporting Progress

1. During meetings, monitor action plan and the timeline for meeting the yearly goal.

2. Evaluation Resource to Support and Sustain School Wellness Initiatives (NFSMI)

3. Provide an annual report to the school board, administrators, and parent Associations. Post report on website.

   Montana Team Nutrition’s Newly Released Online School Wellness Implementation Report Survey
   http://www.keysurvey.com/f/704854/10f2
Smart Snack Policy…
Nutrition Standards for Foods

- **Action Plan** - Take steps to ensure all snacks and beverages sold during the school day and fundraisers occurring during the school day meet the USDA Smart Snack rule.

- **Process**: Follow steps developed by Alliance for a Healthier Generation for Smart Snack rule.

- **Timeline**: September 2014 through June 2015.

- **Key Staff**: Administrators, Food service, student store advisors, educators, parent organizations.

Alliance for a Healthier Generation: Smart Snacks Steps for Success
https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smartsnacks/
8 Steps to Evaluating a Goal

Step 1: Select an objective/activity to evaluate
Step 2: Select your measurement type
Step 3: Determine what you will measure
Step 4: Select a data collection tool
Step 5: Collect your data
Step 6: Analyze the collected data
Step 7: Determine what your results mean
Step 8: Communicate your results

Resource to Sustain and Support Local Wellness Initiatives (NFSMI)
www.nfsmi.org/documentlibraryfiles/pdf/20130228111227.pdf
Example of Evaluation Plan for Wellness Goal

Broad Goal: To provide opportunities for all students to improve their fitness levels outside of the school curriculum.

Specific goal/Objective: Students will exercise 15 minutes/day at school outside of physical education classes.

Anatomy of the Goal/Objective: Students (who) will exercise – defined as continuous movement (what) 15 minutes/day (how much) at school (where) outside of physical education classes, measurement (when) before and after school.

Activity to evaluate: Before- and after-school walk around the track.

Measurement Tools: Student Participation Log, Calendar of open track

Timeline: Fall and Spring semesters

Analysis and Communication of Results: Percentage of student participation; Changes in distance walked. Summary and/or Presentation to wellness committee and school community.
**Local School Wellness Policy Report Form**

In order to meet the requirements of the USDA's School Wellness Policy, a school must:

1. Assign a school wellness designee to manage school wellness policy implementation,
2. Demonstrate the steps they are taking to implement and evaluate the five areas of the school wellness policy,
3. Maintain ongoing communication with key stakeholders and the public, and
4. Report to the school board and the public on an annual basis.

By completing the following report, you will be able to generate a yearly report that can be shared with key stakeholders, the public and the Office of Public Instruction.
Thank you for your cooperation.

*This survey may serve as a report on your school district's school wellness policy implementation plan. Please complete it annually to monitor the district's progress on meeting student wellness goals.*

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<thead>
<tr>
<th>Select the School Year:</th>
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<td>Please select one ...</td>
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<td>Date of Completion:</td>
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<td>Name of person completing form:</td>
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<tr>
<td>E-mail address for the person completing the form:</td>
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<tr>
<td>School District Wellness Coordinator Name: (this person is responsible to ensure the district and each school implements and follows progress of the wellness policy.)</td>
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<tr>
<td>E-mail Address:</td>
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<tr>
<td>Telephone Number:</td>
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Bozeman School Wellness Committee (WAC) Plan

- BSD#7 LRSP STRATEGIC OBJECTIVE ACTION PLAN & STATUS REPORT

- This action plan provides steps, timeline, stakeholders, and progress summary for wellness initiatives for the district. It includes topics beyond nutrition and physical activity.

- Thanks to Bozeman School District WAC for sharing this helpful plan/report.

Handout: Wellness Policy Plan Bozeman 2014-1
Third Poll Question
Assistance and Training Available from Montana Team Nutrition

- Conduct district level or regional school wellness workshops

- **Future Upcoming webinars:**
  
  - January 2015  Healthy and Successful School Fundraisers
  - Spring 2015  How to Create a Smarter Lunchroom

- 2015 School Wellness in Action Mini Grant Program
  

- Nutrition Education Resources and/or Professional Development Workshops

- Farm to School Technical Assistance – (procurement of local foods, garden based education, community engagement) aubree.roth@montana.edu

- Assistance to receive a Healthy School Award – stenberg@montana.edu
Best Practices for Success

- Obtain buy in from a variety of stakeholders
- Maintain a school district wellness committee
  - Part of the – School Improvement Plan
- Communication and Monitoring is Key –
- Education and Incentives Work
- Have multiple **Wellness Champion** at each school from Administrator, Teachers, Foodservice, Students, and Parents
- Keep your eye on the prize
- Start Small and
- Celebrate Your Successes
LEARN MORE

- Montana Office of Public Instruction, School Nutrition Programs  
  http://opi.mt.gov/schoolwellness

- USDA School Wellness Website:  

- USDA Team Nutrition  
  http://www.teamnutrition.usda.gov

- Action for Healthy Kids  
  http://www.actionforhealthykids.org

- Centers Disease Control  
  www.cdc.gov/HealthyYouth/nutritionstandards.htm
Fourth Poll Question
Thank you!

Katie Bark
Project Director
Montana Team Nutrition Program

(406) 994-5641
kbark@mt.gov
www.opi.mt.gov/MTeamNutrition
Healthy Kids
Healthy Communities
Together
Everyone Achieves More
Montana Made Solutions and Successful Strategies

• Increased Choices of Fruits and Vegetables via Salad Bars

• Hydration Stations – Attractive Containers with Cold Refreshing Water with Lemon or Water Bottle Filling Stations

• *Voice Your Choice* Taste Test Events - Great Falls Public Schools hosted this event with students to try new snacks and entrees for a la carte programs or food

• Harvest Montana Fundraiser or Fitness Fundraisers

• Sales of Healthful Snacks and Beverages or Non-Food Items in Student Run Stores – Spirit Gear or School Supplies

• Student led changes in Billings, Riverside Middle School – Sell Fruit Smoothies. Received a Fuel Up to Play 60 Mini Grant

Parent and community connections to implement Farm to School Programs
Comfortable and Colorful Cafeteria’s