

School Wellness Policy Annual Progress Report

School Name: Martensdale-St. Marys CSD

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Wellness Policy Language (Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	X			Nutrition education is part of the science curriculum in each elementary grade level. Health I and II are offered and taught; Health I is a graduation requirement.	Explore additional lessons and activities that incorporate nutrition education into other content areas.
2. Nutrition education is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;		X		This is integrated in F&CS curriculum for secondary students.	Encourage and support efforts for interdisciplinary planning to incorporate linked skills and concepts
3. Nutrition education includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;	X			A variety of classroom-based and co-curricular programming is utilized throughout the year.	
4. Nutrition education promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;	X			Communicated in district newsletter and posters in the lunch room	
5. Nutrition education links with meal programs, other foods and nutrition-related community services;		X		School-based community food pantry	
6. Nutrition education includes training for teachers and other staff.			X		Create and implement a staff-focused wellness program; provide professional learning opportunities as needed
Physical Education and Physical Activity Goals					
1. The school district will provide physical education that a) is daily (The Centers for Disease Control and Prevention recommends at least 150 minutes a week	X			a-b) Increased graduation requirements to accommodate more PE coursework; c) Staff	

for elementary students and 225 minutes a week for middle and high school students); b) is for all students in grades K-12 for the entire school year; c) is taught by a certified physical education teacher; d) includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and, e) engages students in moderate to vigorous activity during at least 50 percent of physical education class time.				licensure is up-to-date and comports with Board of Educational Examiners requirements; d) While Adaptive PE is not currently in place, those students with special needs are provided appropriate alternatives; and e) Students in PK-6 have daily recess and PE at least once every six days, and secondary students take the required PE coursework	
2. Elementary schools should provide recess for students that: a) is at least 20 minutes a day; b) is preferably outdoors; c) encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and, d) discourages extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.	X			Students in PK-6 have daily recess and PE at least once every six days. Classroom teachers and associates monitor student behavior and activity during these times.	
3. Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.		X		This needs to be communicated and enforced in the elementary re: withholding recess. Secondary athletic coaches are reminded of this during pre-season coaches meetings.	
Nutrition Guidelines for All Foods Available to Students					
1. School meals program (Code No. 507.9 App. D)	X				.
2. Foods sold outside of meals (Code No. 507.9 App. D)		X			Committee would like to see a greater variety of healthy fundraiser options
3. Portion	X				
4. Free/Reduced-Priced Meals (Code No. 507.9 App. D)	X			Privacy measures are in place at	

				registration and throughout the school year.	
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;		X		Efforts are being made to engage in more intentional collaboration between the content areas.	
2. Discourage sedentary activities, such as watching television, playing computer games, etc.;		X		Teachers create and reinforce electronics usage policies in classrooms	Committee would like to see greater reduction in access to and use of personal electronics for non-academic purposes
3. Provide opportunities for physical activity to be incorporated into other subject lessons		X		Alternative seating in KDG; some teachers take students for “brain breaks” during the class period	
4. Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate		X		Alternative seating in KDG; some teachers take students for “brain breaks” during the class period	Make this more district-wide in implementation
<i>Staff Wellness</i>					
1. Establish and maintain a staff wellness committee composed of at least one staff member, local hospital representative, dietitian or other health professional, recreation program representative, union representative and employee benefits specialist			X		This has been an ongoing struggle as far as leadership is concerned. Prior collaborations have not panned out as anticipated. The group has not met on a regular basis for well over a year.
2. Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee		X		Some of this work was done last year with a partnership with VNSIA but never fully materialized.	
3. Base the plan on input solicited from employees and		X		Some of this work was done last	

outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.				year with a partnership with VNSIA but never fully materialized. Additional avenues for picking up where left off are being explored.	
<i>Mental Health Education and Support Services</i>					
1. Increase pro-social student behavior, and reduce sources of unhealthy student stress to improve academic performance and well-being.	X			This is integrated in the classwork conducted by our school counselors.	
2. Provide and publicize access to outside mental health services available to students and the community at large.		X		This is done on occasion in newsletters or other pertinent mailings as services provide promotional materials to share.	
3. Provide regular professional learning opportunities to all staff in the areas of mental health and trauma-informed instruction and learning.				Staff had training on ACEs and other areas of mental health as they become more prominent and pertinent to educational settings.	