

Local School Wellness Policy Triennial Assessment

District/School Name: Macon Co. R-1

Local Wellness Policy Contact: Shelley Devenport

Date of Assessment: 03/14/2023

Model Policy used for comparison: Alliance for Healthier Generation

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all stakeholders of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goals 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 in most grade levels designed to provide students with the knowledge and skills necessary to promote and protect their health.		X		Nutrition education is part of the curriculum in most grade levels throughout our district.	Explore additional lessons and activities to incorporate into all subject areas and grade levels.
2. Include Nutrition education training for teachers and other staff					
3.					
Physical Education and Physical Activity Goals					
1. PE is offered for all grade levels		X		Physical Education is part of the curriculum for each grade level. One challenge is being able to offer it more frequently in grades K-5	Explore additional lessons and ways to incorporate into the curriculum and offer it everyday in lower grade levels.
2. Movement Breaks		X		Many elementary teachers offer movement breaks during the day utilizing platforms such as GoNoodle or Calm. One challenge is participation from upper grades.	Encourage all teachers to incorporate age appropriate small movement breaks into their learning blocks K-12.
3. Recess is offered grades K-5:	X			Additional recess time has been	Explore additional ways to

K–50 minutes daily 1–45 minutes daily 3–30 minutes daily 4–20 minutes daily 5–20 minutes daily				added to first grade. Challenges to expand this to other grades include finding extra time in the educational day and supervision.	incorporate extra movement into classroom lessons, or outdoor classrooms as weather permits.
Nutrition Guidelines for All Foods Available to Students					
1. Nutrition Promotion and creating Food Environments that encourage healthy nutrition choices.		X		There are no visually appealing promotion or education pieces in the food environments.	Explore different media platforms to reach all students with nutrition promotion. Provide more signage in food areas that encourage healthy nutrition choices and practices.
2.					
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Wellness Wednesday			X	Meetings with teachers/admins to determine a designated time during the school day to incorporate	Share activities and encourage teachers to include these into their classrooms. Create a flyer/weekly newsletter
2. Movement Breaks		X		Many elementary teachers offer movement breaks during the day utilizing platforms such as GoNoodle or Calm. One challenge is participation from upper grades.	Encourage all teachers to incorporate age appropriate small movement breaks into their learning blocks K-12.
<i>Communication with Parents</i>					
1. Wellness Brochure			X	Put together a brochure to highlight student/staff wellness	Once the brochure is complete it will be available through our school bulletin, website and in each building office for parents/students.
2. Host an “Active” Family Night		X		We do offer family nights however, we could do this and have various physical activities & nutrition information for families to do together.	Healthy Kids Week - Dress up days that include workout attire, activities that promote movement and offer healthy treats to all students. YMCA & Health

					Department involvement
<i>Food Marketing in Schools</i>					
1. Snacks offered during the school day		X		Some snacks available to students during the day are not compliant with smart snack standards.	Run all snacks through the smart snacks calculator to ensure they meet standards.
2. Second Breakfast			X	Quality and cost concerns	See if any other schools around our area are offering this currently. Work with our food service provider, OPAA! Reach out to local grocery stores/gyms for partnerships. Student Council Service project?
<i>Staff Wellness</i>					
1. Wellness Wednesday			X	Meetings with teachers/admins to determine a designated time during the school day to incorporate	Share activities and encourage teachers to include these into their classrooms. Create a flyer/weekly newsletter
2.					