Q22.

Montana School District Wellness Policy Report (district level) Directions and tips for easy survey completion:

We suggest that you review the entire document to become familiar with the information requested in each section before completing it electronically. <u>Click here for a copy of the assessment.</u>

It may be helpful to have a copy of the:

- School district's wellness policy and implementation/action plan for reference while completing the survey, an Recent school board or wellness committee meeting minutes that approved or revised the policy. They can be uploaded to the survey.
- Once you start entering data, you can save and update the survey as often as needed. Please use the same computer when completing it in multiple settings so you can save and return to the survey. It is "computer sensitive" in that it can't be accessed by users on different computers.

When you have completed this report to your satisfaction, press the 'Submit' button. Thank you for your commitment to school wellness and creating a healthy school environment.

Please contact Molly Stenberg, Montana Team Nutrition, Montana State University if you need further clarification: stenberg@montana.edu or (406) 994-7217.

Q23.	Select	tne	school	year:

2024-2025 🕶

Q76. Please provide the following:

Date of completion:	01/27/2025
Name of person completing the form:	Johanna Osborn
Email address for the person completing the form:	josborn@arrowheadk8.org
School District Wellness Coordinator name:	Johanna Osborn
Email address:	josborn@arrowheadk8.org
Telephone number:	406.333.4359

Q31. County and School District



Q33. I have another district to add.	
○ Yes	
No	
Q36. County and School District	
This question was not displayed to the respo	andent.
Q77. School Wellness Policy Rev	view and Reporting to the Public
Please provide the following inform	nation:
Date that this policy was adopted or last reviewed by the local school board members:	04/19/2022
Most recent date that the board members received a progress report on the policy's implementation plan:	formally unknown
Most recent date that the parent association(s) received a progress report on the policy's implementation plan:	formally unknown
Q38. Attach a copy of the report or meet	ing minutes:
Q39. The school wellness assessm	nent report is posted on the district website.
YesNo	
Q40. Please provide the website lin	nk for the report:

Q41. Stakeholder Input for the School Wellness Policy:

A School Wellness or Health Committee is recommended to ensure that key school and community stakeholders provide input to the development, implementation, and assessment of the wellness policy. This

committee may be a stand-alone council or be a sub-committee of an existing committee (i.e. school improvement/safety committee).

Q75. Please include a list of the positions (or roles) and their names that serve on the committee

(*recommended members).	ositions (or roles) and t	their names that serve on the committee
School Administrator*:	Johanna Osborn	
School Food Service*:	Tina Mitchel	
Health Enhancement Teacher*:	Johanna Osborn	
School Nurse/Health Professional*:	Juanita Beuter	
Parent*:	recently vacated	
Community Representative*:	recently vacated	
Family and Consumer Science Teacher:	n/a	
School Board Member:	recently vacated	
Student:		
Other:		
Name of Chairperson: Phone:	Johanna Osborn 406.333.4359	
Email	josborn@arrowheadk8.org	
How often does the committee meet during the school year?	1	
Q61. Maintaining Good Commun Select the steps the district has ta wellness policy's goals and the de	ken to ensure that the	staff within each school in the district is aware of the
✓ A person at each school is designated	to keep the staff informed on	wellness goals, specific procedures, activities, or coordinate the school wellness policy.
☐ The school wellness implementation p	lan is reviewed with all princip	als to review with staff members each year.
The school wellness implementation p year.	lan or report is reviewed and u	updated by the district wellness committee each
The school wellness plan and/or report board meeting and at staff meeting.	t are posted on the school we	bsite and information is shared at an annual
☐ Information on the school wellness po	licy and implementation plan is	s listed in school newsletters, parent handbooks,

and/or publications distributed to parents and school staff.

Information on the school wellness policy is posted on the school district website and/or through the district's social media site.
Other (Please specify.)
Q63.
Maintaining Good Communication with Students, Parents and Community Members
Select the steps the school district has taken to ensure students, parents, and community members are kept informed about the wellness policy's goals and the specific procedures, activities, or projects. (Select all that apply.)
✓ An annual report on the progress of the school wellness policy plan is given at a school board meeting.
Information on the school wellness policy and implementation plan is listed in school newsletters, parent handbooks, and/or publications distributed to parents and school staff.
Information on the school wellness policy is posted on the school district website and/or through the district's social media site.
Other (Please specify.)
Q1. Assessment of the District Level School Wellness Policy Implementation Plan:
The district's implementation plan puts the school wellness policy into action throughout the entire district.

The plan can be created by: reviewing the overarching goal for each of the five school wellness areas: 1) nutrition guidelines, 2) nutrition education, 3) nutrition promotion, 4) physical activity, and 5) other school wellness topics that support student wellness.

Rate your district's progress on each objective listed under the 5 school wellness area goals. Rate each objective as Met, Not Met, In Progress, or Not Applicable.

Q46.

Goal 1 - Nutrition Guidelines

In order to meet this overarching 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.

The District can achieve this goal by completing a variety of objectives as listed below. Please rate each objective using the following scale (1-4).

	1. WEL	2. NOT WEL	o. III i logiess	T. NOT Applicable
School nutrition manager is a certified food handler (as documented by ServSafe training).	•	0	0	0
2. School nutrition program staff regularly receive professional development through attending annual statewide or regional conferences.	0	\circ		0
3. 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 Foodservice Programs.	•	0	0	0

1 Not Applicable

4. The district is 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.	•	0	0	0		
5. The district is procuring local or regionally grown foods in their school meal programs.	•	0	0	0		
6. The district is promoting 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 MyPlate guidelines. Food is not used as a reward or incentive in the classroom; staff do not withhold mealtime as a punishment method for students.		0	0	0		
7. The district promotes nutrient-rich food and beverages in classroom celebrations and/or promotes non-food activities, such as fun physical activities.	•	0	0	0		
8. The district ensures that food-based fundraisers held during the school day meet the USDA's Smart Snack rule guidelines.	0	\circ	0			
9. The district ensures the nutrition guidelines are met in the After School Snack Program, the Fresh Fruit and Vegetable Snack Program, and the Summer Feeding Program.	•	0	0	0		
10. The school promotes 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.	•	0	0	0		
Q15. Do you have an objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress. Q16. Do you have another objective that wasn't listed above? If so, please list it and rate progress using following scale: 1 = Met, 2 = Not Met, 3 = In Progress.						
Q18. Goal 2 – Nutrition Education						
In order to meet the overarching goal for Nutrhealthful lifelong eating behaviors in students education will be offered as part of a sequent provide students with the knowledge and skill education will be incorporated as much as no	through nutrition ial, comprehensing Is necessary to a	n education and love, standards-baddapt health-enha	nutrition promoti ased program de	on. Nutrition signed to		

education will be incorporated as much as possible into the school day.

The district can achieve this goal by completing a variety of objectives, as listed below. Please rate each objective as Met, Not Met, In Progress, or Not Applicable.

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
The district strives to achieve the recommendations of Nutrition Education by Grade Level.	•	0	0	0

2. 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 MyPlate.	•	0	0	0
3. 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.	0	0	•	0
4. The district utilizes school cafeterias as a learning laboratory to allow students to apply critical thinking skills in making menu selections.	0	0		0
5. 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.	•	0	0	0
6. Nutrition education is delivered by staff who are adequately prepared and who participate in professional development activities in order to deliver effective instruction.	•	0	0	0
Do you have an objective that wasn't listed ab scale: 1 = Met, 2 = Not Met, 3 = In Progress.	ove? If so, pleas	e list it and rate	progress using t	the following
Q20. Do you have another objective that wasn't liste the following scale: 1 = Met, 2 = Not Met, 3 = I		olease list it and	l rate progress u	sing
Q59. Does your health education curriculum a reviewing the following list of healthy eating to				

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with low amounts of added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to take steps to achieve the personal goal to eat healthfully
- Resisting peer pressure related to unhealthy eating behavior

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.					
The district can achieve this goal by completing a va objective as Met, Not Met, In Progress, or Not Applic		ves, as listed	below. Please ı	rate each	
	1. Met	2. Not Met	3. In Progress	4. Not Applicable	
1. The district promotes nutrition through enhancing the cafeteria with the addition of posters, displays, bulletin boards and/or food/nutrition/health-related artwork from students.	•	0	0	0	
2. The district promotes water and calcium-rich milk intake by making them readily available during the school day.	•	\circ	\circ	\circ	
3. The district promotes 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.	0	0	0	•	
4. The signage displayed throughout the school campus promotes nutrient-rich foods and beverages as much as possible as evidenced in vending machines, scoreboards, and signs posted in the cafeterias.	•	0	0	0	
5. The district promotes nutrition through the use of non-food rewards or healthy food rewards.	•	\circ	\circ	\circ	
6. The district encourages staff and parents to plan classroom celebrations that include healthy foods/beverages and limit foods and beverages with high sugar and fat contents.	•	\circ	0	0	
7. The district encourages staff to be role models for health and exhibit a positive outlook toward healthy behaviors through offering staff wellness activities.	•	\circ	0	0	
8. The district implements Smarter Lunchroom techniques in cafeterias to motivate students to make healthful selections during the school lunch or breakfast meal.	•	\circ	0	0	
9. The district implements 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.	0	0	•	0	
10. The district implements fundraising projects that promote nutritious choices and includes foods from one of the five food groups of the USDA's Choose MyPlate meal guidance system.	•	0	0	0	
11. The district promotes nutrition to parents, families, and the community through sharing information on school menus, newsletters, websites, and social media, in addition to food/nutrition/health-related classroom projects, school events, or activities.	0	0	•	0	
12. The district strives to only allow marketing and advertising of foods and beverages that meet the USDA's Smart Snack nutrition standards.	•	0	0	0	

In order to meet the overarching goal for Nutrition Promotion, the district will influence the development of healthful lifelong eating behaviors in students through nutrition promotion. Nutrition promotion messages are

Influencing, supporting, or advocating for others' healthy dietary behavior

0 = Addresses one or none of these topics, or there is no health education curriculum

3 = Yes, addresses all of these topics
 2 = Addresses most of these topics
 1 = Addresses some of these topics

Q22. Goal 3 - Nutrition Promotion

Q24.

Do you have an objective that wasn't listed above? If so, please list it and rate progress using the foll scale: 1 = Met, 2 = Not Met, 3 = In Progress.	owing
Q25. Do you have another objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress.	
Q66. Goal 4 – Physical Activity	

In order to meet the overarching 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.

The district can achieve this goal by completing a variety of objectives, as listed below. Please rate each objective as Met, Not Met, In Progress, or Not Applicable.

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
1. The district ensures that all students in grades K-12 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 healthcare needs, and those in alternative education settings are included.	•	0	0	0
2. The district ensures that students spend at least 50% of health enhancement class time participating in moderate to vigorous physical activity.		0	0	0
3. The district ensures that the health enhancement curriculum demonstrates progression and sequence and is consistent with the Montana and/or National Physical Education standards for kindergarten through Grade 12.		0	0	0
4. The district ensures health enhancement is taught by certified health/physical education teachers.		\circ	\circ	\circ
5. The district ensures that class teacher-to-student ratios in health enhancement classes are equivalent to those of other subject areas in the school.		0	0	0
6. The district ensures that student participation in other activities involving physical activity (e.g. interscholastic or intramural sports) is not substituted for meeting the health enhancement requirement.		0	0	0
7. The district ensures that all elementary students 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.		0	0	0
8. The district discourages 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.		0	0	0
9. Teachers and other school personnel do not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or academic performance.		0	0	0
10. The district offers an extracurricular physical activity program (i.e. clubs or intramural programs).	\circ	\circ	\circ	
11. The district offers interscholastic sports programs.	\bigcirc	\circ	\bigcirc	
12. Before and after school program(s) provide and encourage daily periods of moderate to vigorous physical activity for all participants.		0	\circ	0

13. The district provides training and ensures teachers implement short activity breaks to increase daily physical activity and enhance classroom instruction.	•	0	0	0
14. The district collaborates in efforts that utilize family and community nvolvement to increase physical activity opportunities for students.	•	0	0	0
Q67. Do you have an objective that wasn't listed above? If so scale: 1 = Met, 2 = Not Met, 3 = In Progress.	o, please list it	and rate prog	gress using the	e following
Q68. Do you have another objective that wasn't listed above the following scale: 1 = Met, 2 = Not Met, 3 = In Progress		list it and rate	e progress usir	ng
Q70. Goal 5 – School Wellness				
In order to meet the overarching goal for School Wellne	ess, the distric	t will strive to	create a schoo	ol

In order to meet the overarching 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 lifelong habits for students and staff.

Schools can achieve this goal by completing a variety of objectives, as listed below. Please rate each objective as Met, Not Met, In Progress, or Not Applicable.

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
1. District staff strives 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).	•	0	0	0
The district implements a recess before lunch schedule to promote a relaxed eating environment, improved food and milk consumption, and decreased food waste.	0	0		0
3. The district partners with school parent organizations to promote student wellness.	0	\circ		0
4. District staff and school parent organizations strive to offer healthful choices at concession stands at school sponsored events (sports, music, art, etc.).	0	0	0	•
The district implements innovative practices to increase school breakfast participation, such as breakfast in the classroom or grab and go breakfast service.	•	0	0	0
The district implements innovative Smarter Lunchroom practices (behavioral economics) to increase the number of students making healthful choices.	•	0	0	\circ
7. The district implements 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 or ranchers in the area.	•	0	0	0
8. The district works with community leaders so that school facilities can be used by community organizations or agencies outside of school hours to increase physical activity opportunities for students and their families.	0	\circ	•	0

9. School administration works together with local public leaders to make it safer and easier for students to walk and bike to school.	•	\circ	\circ	\circ
10. School administration encourages professional development opportunities for teachers, administrators, and other staff on nutrition education, physical activity, and health enhancement and the link between nutrition/activity on students' academic performance and behavior.	0	0		0
11. School administration offers an annual training session on school wellness strategies to staff, teachers, and school administrators.	0	\circ		\circ
12. School administration and staff partner with community groups to promote nutrition, physical activity, and wellness to students, staff, and families.	0		0	\circ
13. School administration has a well-rounded multi-component school employee wellness policy that clearly identifies strategies to promote healthy eating, physical activity, and overall wellness among school staff.	0		0	0
14. School administration provides staff opportunities to participate in physical activity programs and increase physical activity during the school day and outside of school. Example programs could include allowing flexible work schedules to give employees time to exercise, allowing walking meetings, offering fitness classes and equipment on-site, and promoting free and low-cost recreation activities with the help of community partners.	0		0	0
15. School administration provides staff opportunities to participate in nutrition programs. Example programs could include promoting a healthy recipe exchange between staff to create a recipe book, providing healthy cooking and meal planning classes for employees and their families, and providing classes on managing diabetes and other nutrition-related diseases.		0	0	0
16. School administration provides private rooms and flexible scheduling for breast feeding and milk pumping and on-site refrigerated storage.		0	0	\circ
17. School administration promotes health screenings and provides resources to employees on different types of screening available.	0		\circ	\circ
18. School administration promotes tobacco cessation programs to its employees, such the Montana Tobacco Quit Line or other cessation services. Employees receive a discount on insurance for being tobacco-free.	0	•	0	0
Q71. Do you have an objective that wasn't listed above? If scale: 1 = Met, 2 = Not Met, 3 = In Progress. Q72. Do you have another objective that wasn't listed above	ve? If so, pleas			
the following scale: 1 = Met, 2 = Not Met, 3 = In Prog	ress.			
Q74. Action Plan for Meeting a School Wellness Goal				

1. Identify one goal area you would like to work on during this school year.

Q75.
In order to meet this goal, please write the objective (one you rated a 2 or a 3) that will be worked on:
The staff will be provided with opportunities for physical activity
Q77. Develop an action plan for meeting this objective by completing Steps 2, 3, and 4 below. These steps include listing the action steps, evaluation plan, timeline, and persons responsible for meeting the objective in the wellness area.
Step 2 Action Plan for Yearly Goal Please list the action plan steps you will undertake to meet this objective. Action step(s) include:
The administration will provide a walking lunch or scheduled break for educators.
Q78. Step 3 Evaluation Plan for Goal Please write the evaluation plan to ensure the objective is met. The administration will review the schedule to ensure that this dedicated physical activity time is included in the master schedule.
The administration will review the schedule to ensure that this dedicated physical activity time is included in the master schedule.
Q79. Step 4 Timeline and Persons Responsible for the Goal Please list the timeline and person(s) responsible for the goal to ensure the objective is met.
Beginning of the year and quarterly after the initial check-in. The administrator will be the person responsible.
Q80. Additional Information If applicable, include additional information that is pertinent to your school wellness policy.

Q81.

Please review all of your answers to the report. Use the previous on the bottom of the page to go back to questions and make any changes.

Please click the 'Submit' button to submit the report. You will then be able to download a pdf file for your records. Be sure to share this report with the public (i.e. staff, parents, students) by posting it on your website or at a board meeting or newsletter. Thank you.

