

Thank you for your time in completing this survey. For questions, comments, or to provide feedback on this survey, please contact Molly Stenberg, Montana Team Nutrition, Montana State University, Bozeman at (406) 994-7217 or by email at stenberg@montana.edu.

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</u> <u>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.

Select the school year:

2025 - 2026 🗸

Please provide the following:

Date of completion:	5/2/2025
Name of person completing the form:	Paul Furthmyre
Email address for the	
person completing the form:	pfurthmyre@msdb.k12.mt.us
School District	
Wellness Coordinator	April Spanbauer
name:	
Email address:	aspanbauer@msdb.k12.mt.us
Telephone number:	406771-6100

County and School District

County

Cascade

School District

Mont Sch for Deaf & Blind 🔹 🗸

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I have another district to add.



School Wellness Policy Review and Reporting to the Public

Please provide the following information:

Date that this policy	
was adopted or last	
reviewed by the local	7/19/2024
school board	
members:	
Most recent date that	
the board members	
	Unknown
report on the policy's	
implementation plan:	
implementation plan.	
Most recent date that	
the parent	
association(s)	
received a progress	NA
report on the policy's	
implementation plan:	

Attach a copy of the report or meeting minutes:

MS	DB Wellness	Policy Board Minutes and F	Policy.pdf	
	1.4 MB			
	application/pdf			

The school wellness assessment report is posted on the district website.



Please provide the website link for the report:

https://www.msdbmustangs.org/education/school-nutrition-program/

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

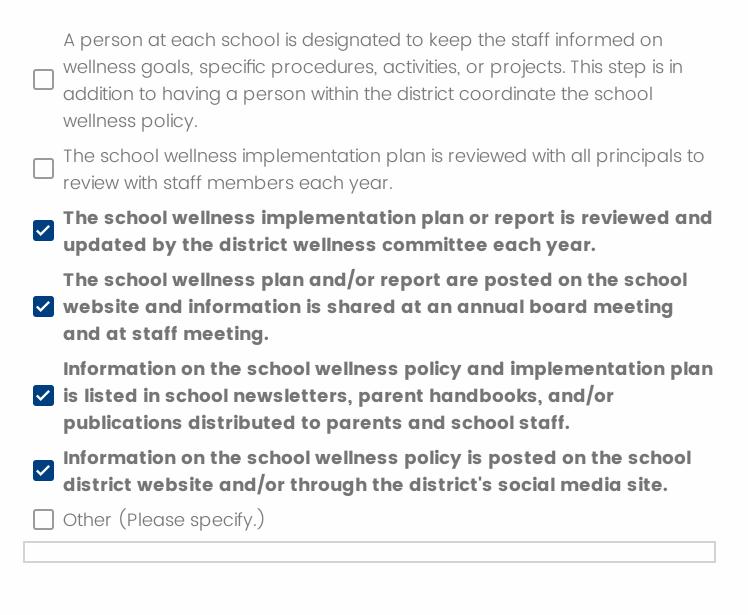
School Administrator*:	Paul Furthmyre
School Food Service*:	Bobbi Fritz
Health Enhancement Teacher*:	Joel Auers
School Nurse/Health Professional*:	April Spanbauer
Parent*:	Christina Walsh
Community Representative*:	Currently Recruiting
Family and Consumer Science Teacher:	
School Board Member:	
Student:	
Other:	

Please provide the following information:

Name of Chairperson:	April Spanbauer
Phone:	406 771 6100
Email	aspanbauer@msdb.k12.mt.us
How often does the committee meet during the school year?	Quarterly moving forward

Maintaining Good Communication with School Staff

Select the steps the district has taken to ensure that the staff within each school in the district is aware of the wellness policy's goals and the details of the implementation plan. (Select all that apply.)



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.)

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.

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).

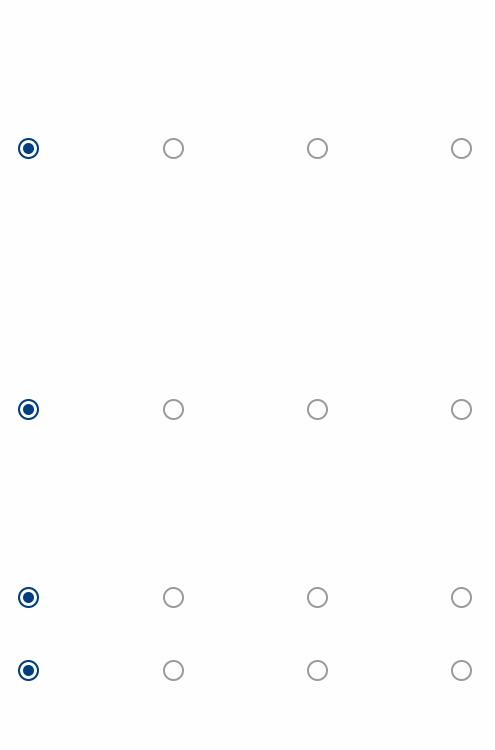
	1. Met	2. Not Met	3. In Progress	4. Not Applicable
1. School nutrition manager is a certified food handler (as documented by ServSafe training).	\bigcirc	\bigcirc	٢	\bigcirc
2. School nutrition program staff regularly receive professional development through attending annual statewide or regional conferences.	\bigcirc	۲	0	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.

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.

5. The district is procuring local or regionally grown foods in their school meal programs.

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.



7. The district promotes nutrient-rich food and beverages in classroom celebrations and/or promotes non-food activities, such as fun physical activities.

8. The district ensures that food-based fundraisers held during the school day meet the USDA's Smart Snack rule guidelines.

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.

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.

l. Met	2. Not Met	3. In Progress	4. Not Applicable
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0	\bigcirc	۲	0
٢	\bigcirc	\bigcirc	\bigcirc
۲	0	0	0

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.

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.

Goal 2 – Nutrition Education

In order to meet the overarching goal for Nutrition Education, the district will influence the development of healthful lifelong eating behaviors in students through nutrition education and nutrition promotion. Nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to adapt health-enhancing behaviors. Nutrition 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.



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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.

4. The district utilizes school cafeterias as a learning laboratory to allow students to apply critical thinking skills in making menu selections.

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.

6. Nutrition education is delivered by staff who are adequately prepared and who participate in professional development activities in order to deliver effective instruction. 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.

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. Does your health education curriculum address all of these essential topics on healthy eating? After reviewing the following list of healthy eating topics, choose the option that reflects your response.

- 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 agal to eat

- healthfully
- Resisting peer pressure related to unhealthy eating behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

③ 3 = Yes, addresses all of these topics

- O 2 = Addresses most of these topics
- \bigcirc 1 = Addresses some of these topics

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

Goal 3 - Nutrition Promotion

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 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 variety of objectives, as listed below. Please rate each objective as Met, Not Met, In Progress, or Not Applicable.

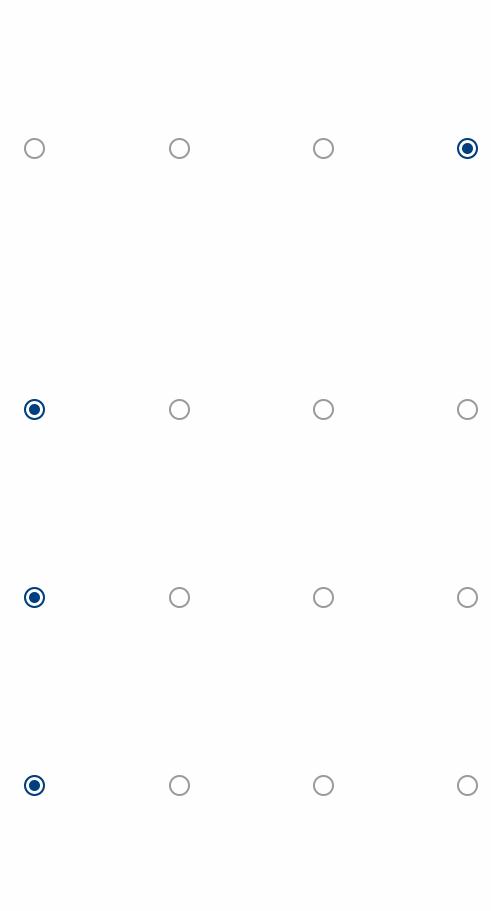
	1. Met	2. Not Met	3. In Progress	4. Not Applicable
 The district promotes nutrition through enhancing the cafeteria with the addition of posters, displays, bulletin boards and/or food/nutrition/health- related artwork from students. 	۲	\bigcirc	\bigcirc	\bigcirc
2. The district promotes water and calcium-rich milk intake by making them readily available during the school day.	۲	\bigcirc	\bigcirc	\bigcirc

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.

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.

5. The district promotes nutrition through the use of non-food rewards or healthy food rewards.

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.



7. The district encourages staff to be role models for health and exhibit a positive outlook \bigcirc toward healthy behaviors through offering staff wellness activities. 8. The district implements Smarter Lunchroom techniques in cafeterias to motivate \bigcirc students to make healthful selections during the school lunch or breakfast meal. 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. 10. The district implements fundraising projects that promote nutritious choices and includes \bigcirc foods from one of the five food groups of the USDA's Choose MyPlate meal guidance system.

2. Not Met

3. In Progress

4. Not Applicable

1. Met

	I. Met	2. Not Met	3. In Progress	4. Not Applicable
II. 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	٢	0
12. The district strives to only allow marketing and advertising of foods and beverages that meet the USDA's Smart Snack nutrition standards.	۲	0	\bigcirc	\bigcirc

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.

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.

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.



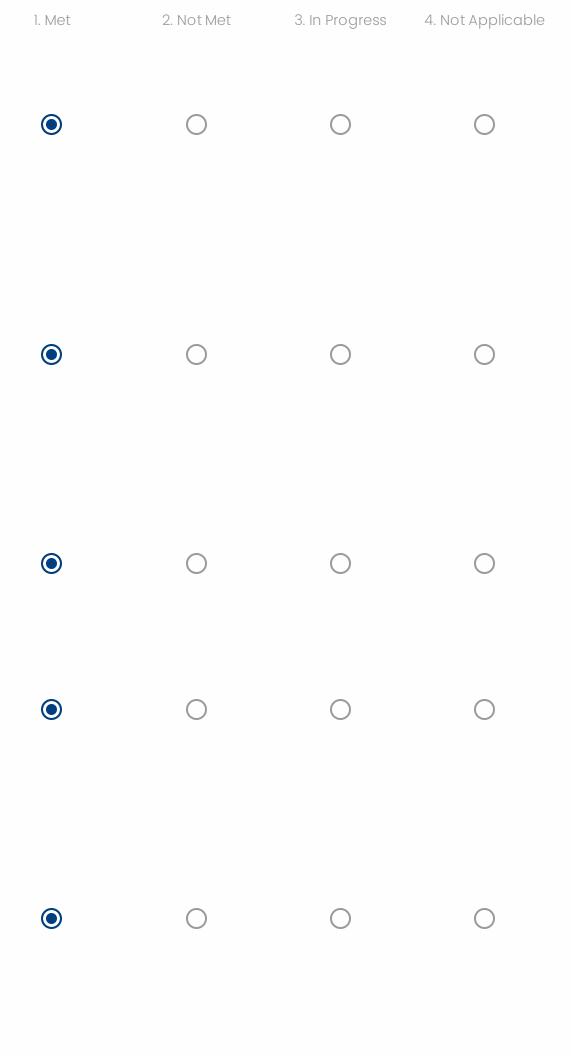
2. The district ensures that students spend at least 50% of health enhancement class time participating in moderate to vigorous physical activity.

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.

4. The district ensures health enhancement is taught by certified health/physical education teachers.

5. The district ensures that class teacher-tostudent ratios in health enhancement classes are equivalent to those of other subject areas in the school.

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.



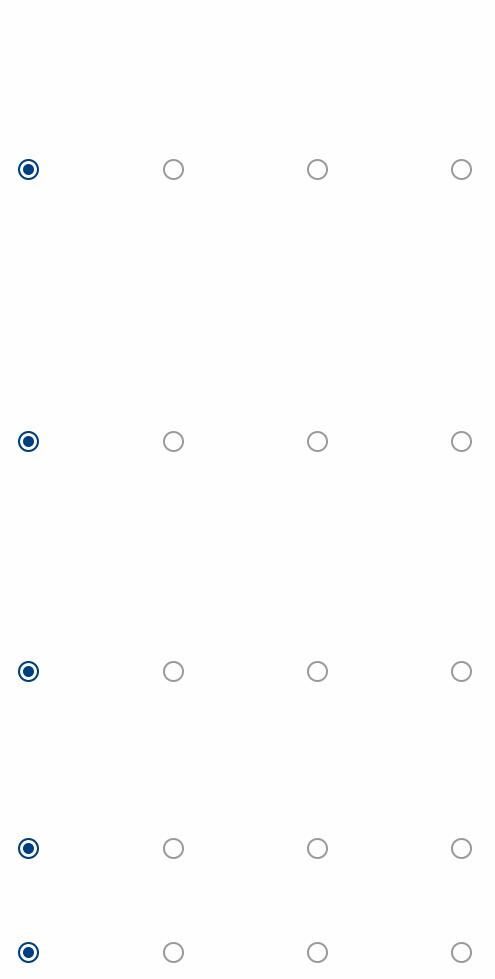
7. The district ensures that all elementary students have at least 20 minutes a day of supervised recess, preferably outdoor, during which students are encouraged (verbally and through provision of space and equipment) to engage in moderate to vigorous physical activity.

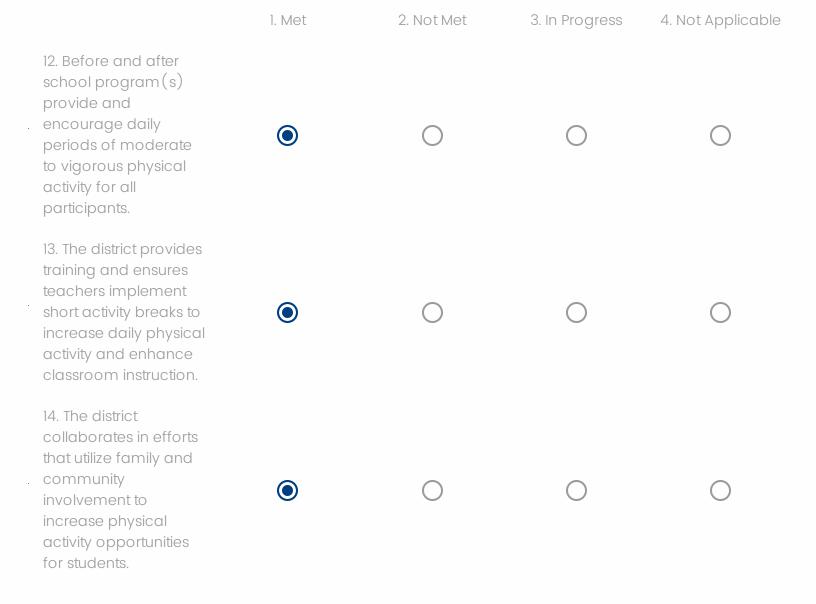
8. The district discourages extended periods of inactivity, (defined as two hours or more) through giving students recess time or periodic breaks during days when school-wide testing is scheduled.

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.

10. The district offers an extracurricular physical activity program (i.e. clubs or intramural programs).

 The district offers interscholastic sports programs.



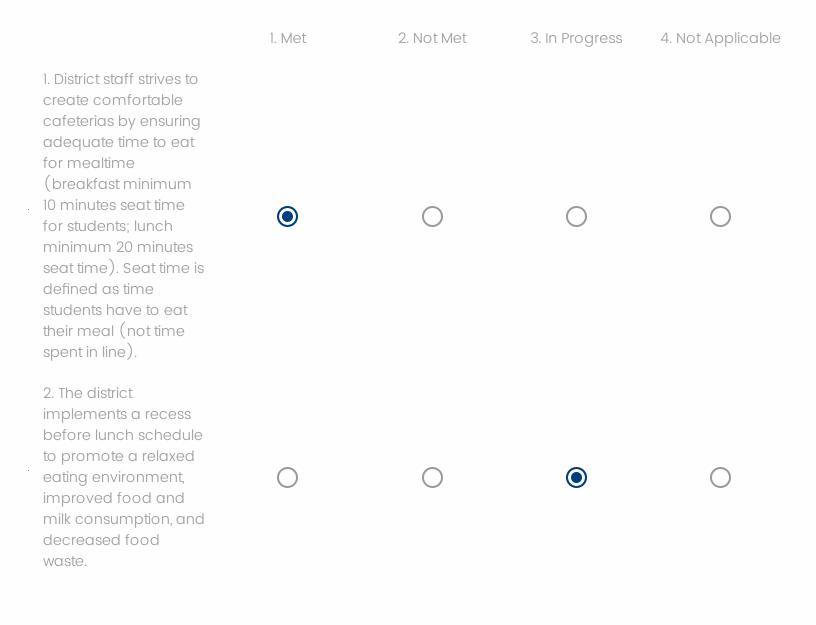


Do you have an objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress. Do you have another objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met,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

Goal 5 – School Wellness

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.



4. Not Applicable 3. In Progress 2. Not Met 1. Met 3. The district partners with school parent organizations to \bigcirc promote student wellness. 4. District staff and school parent organizations strive to offer healthful choices at concession stands at school sponsored events (sports, music, art, etc.). 5. The district implements innovative practices to increase school breakfast participation, such as breakfast in the classroom or grab and go breakfast service. 6. The district implements innovative Smarter Lunchroom practices (behavioral economics) to increase the number

increase the number of students making healthful choices.

7. The district implements a Farm to School program through making efforts to competitively purchase local or regional food products; and/or include gardenbased nutrition education; and/or community connections with farmers or ranchers in the area.

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.

9. School administration works together with local public leaders to make it safer and easier for students to

walk and bike to

school.

1. Met	2. Not Met	3. In Progress	4. Not Appli
0	\bigcirc	٢	0
0	\bigcirc	٢	0
\bigcirc	\bigcirc	۲	\bigcirc

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.

11. School

10. School

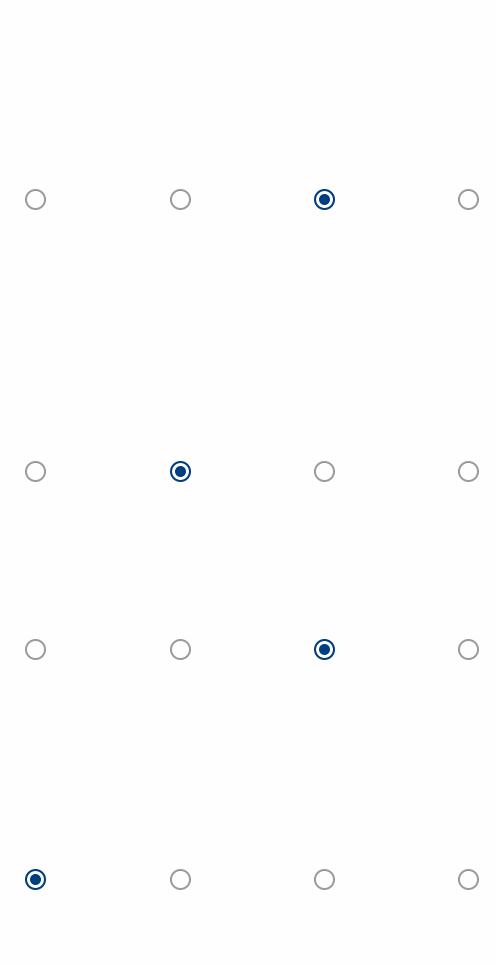
administration offers an annual training session on school wellness strategies to staff, teachers, and school administrators.

12. School

administration and staff partner with community groups to promote nutrition, physical activity, and wellness to students, staff, and families.

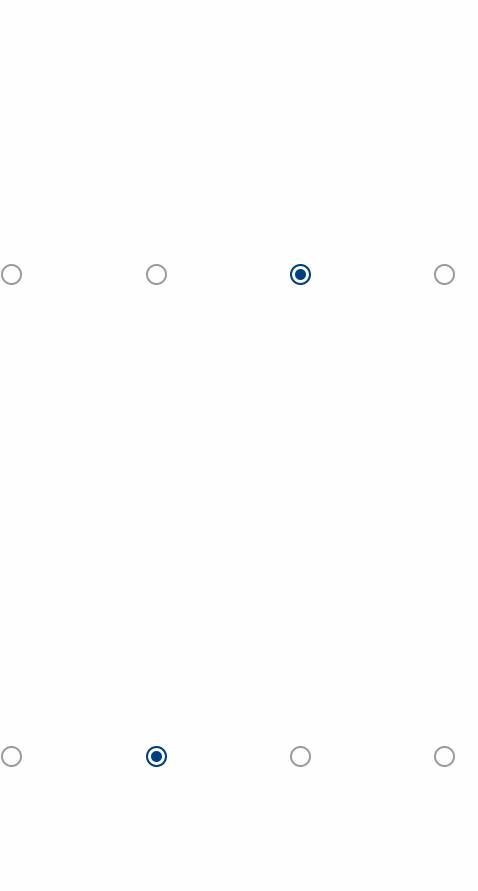
13. School

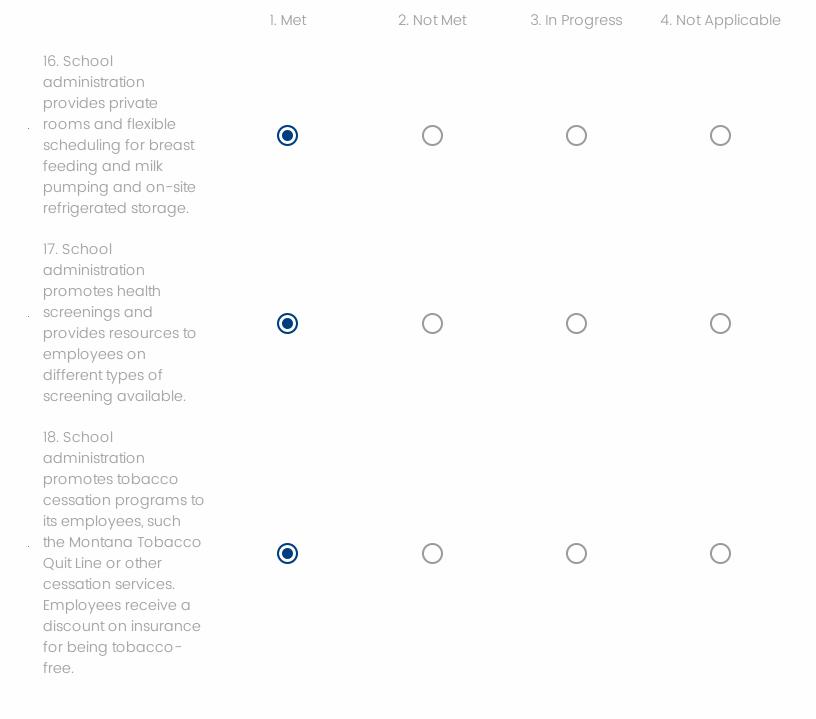
administration has a well-rounded multicomponent school employee wellness policy that clearly identifies strategies to promote healthy eating, physical activity, and overall wellness among school staff.



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. 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 nutritionrelated diseases.





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. 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.

Action Plan for Meeting a School Wellness Goal

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

School Wellness

In order to meet this goal, please write the objective (one you rated a 2 or a 3) that will be worked on:

With the absence of a Wellness Committee for several years, our first goal it to reestablish the committee and begin working at the weaknesses found in this assessment.

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:

Assemble Committee Review Assessment Define 3-5 Goals to Place into District Strategic Plan

Step 3 Evaluation Plan for Goal

Please write the evaluation plan to ensure the objective is met.

When developing the goals, the assessment of each goal will be discussed at that time. Each goal will be reported back to the District Strategic Planning Team to includes update in the overall strategic plan.

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.

April Spanbauer to setup committee and schedule quarterly meetings. Paul Furthmyre to make sure that the Wellness Committee Goals are reflected in the overall district strategic plan.

Additional Information

If applicable, include additional information that is pertinent to your school wellness policy.

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.

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