

Select the school year:

▼ ~~2023-2024~~ ~~2026-2027~~

2024-2025

Please provide the following:

☐ Date of completion: 4-2-2025

☐ Name of person completing the form:
Sara Vaughan

☐ Email address for the person completing the form:
SVaughan@CharloSchools.com

☐ School District Wellness Coordinator name:

☐ Email address:

☐ Telephone number:

County and School District

County

School District

▼ ~~Shilwater ... Blaine Zurich Elementary~~ Charlo Schools 7J

I have another district to add.

☐ Yes

☒ No

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 school board members:

7-19-22

☐ Most recent date that the board members received a progress report on the policy's implementation plan: 7-19-22

☐ Most recent date that the parent association(s) received a progress report on the policy's implementation plan: 7-19-22

Attach a copy of the report or meeting minutes:

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

☒ Yes

☐ No

Please provide the website link for the report:

Page Break

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*: Shane Bartschi
- ☒ School Food Service*: Lori Elvrude
- ☐ Health Enhancement Teacher*:

- ☐ School Nurse/Health Professional*:

- ☐ Parent*: _____
- ☐ Community Representative*:

- ☐ Family and Consumer Science Teacher:

- ☐ School Board Member: _____
- ☐ Student: _____
- ☐ Other: _____

Part of Good Communication

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.)



A person at each school is designated to keep the staff informed on wellness goals, specific procedures, activities, or projects. This step is in addition to having a person within the district coordinate the school wellness policy.



The school wellness implementation plan is reviewed with all principals to review with staff members each year.



The school wellness implementation plan or report is reviewed and updated by the district wellness committee each year.



The school wellness plan and/or report are posted on the school website and information is shared at an annual board meeting and at staff 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.)

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.)

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.

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).	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. School nutrition program staff regularly receive professional development through attending annual statewide or regional conferences.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
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.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

X

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X

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X

○

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X

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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.



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.

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
1. The district strives to achieve the recommendations of Nutrition Education by Grade Level.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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.



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 goal to eat healthfully

Resisting peer pressure related to unhealthy eating behavior

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

☒ 3 = Yes, addresses all of these topics

☐ 2 = Addresses most of these topics

☐ 1 = Addresses some of these topics

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

Goal 2 - Nutrition Promotion

Start of Block: Goal 3

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
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.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. The district promotes water and calcium-rich milk intake by making them readily available during the school day.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. The signage displayed throughout the school campus promotes nutrient-rich foods and beverages as much as possible as	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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 toward healthy behaviors through offering staff wellness activities.

8. The district implements Smarter Lunchroom techniques in cafeterias to motivate 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 foods from one of the five food groups of the USDA's Choose MyPlate meal guidance system.

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.

12. The district strives to only allow marketing and advertising of foods and beverages that meet the USDA's Smart Snack nutrition standards.

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.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. The district ensures that students spend at least 50% of health enhancement class time participating in	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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.

✓

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○

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

✓

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○

○

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.

✓

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○

6. The district
ensures that
student
participation in
other activities
involving
physical activity
(e.g.
interscholastic or

✓

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○

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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).

11. The district
offers
interscholastic
sports programs.

12. Before and
after school
program(s)
provide and
encourage daily
periods of
moderate to
vigorous
physical activity
for all
participants.

13. The district
provides training
and ensures
teachers
implement short
activity breaks to
increase daily
physical activity
and enhance
classroom
instruction.

14. The district
collaborates in
efforts that utilize
family and



community
involvement to
increase
physical activity
opportunities for
students.

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.

What else?

Start of Block Deal 5

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.

	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).	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. The district implements a recess before lunch schedule to promote a relaxed eating environment, improved food and milk consumption, and decreased food waste.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. The district partners with school parent organizations to	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

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 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 garden-based 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.

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.

11. 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 multi-
component
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 nutrition-
related diseases.

16. School
administration
provides private
rooms and
flexible
scheduling for
breast feeding
and milk
pumping and on-
site refrigerated
storage.

17. School
administration
promotes health
screenings and
provides
resources to
employees on
different types of
screening
available.

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.