

June 2019

## 2019 MSSD Wellness Review Summary

The following are the results from the 2019 School Wellness Policy and Needs Assessment and Annual Evaluation Tool review.

- Many evaluations showed less than 10% of students use food as a reinforcer. The highest result was 30% of students using food as a reinforcer, improved from previous survey. It is a priority to move all children possible to non-food reinforcement.
- Many evaluations listed successful fund raisers that did not include food, included healthy food choices or encouraged physical activity. Overall, examples include: nut sale, 5k walk/run, walk-a-thon, pizza sale (consumed for lunch with fruit and vegetables), and bowling tournament.
- All schools with vending machines reported they had the required two healthy alternatives, improved from previous survey.
- All evaluations showed schools were successful in the categories of integrating physical activity into the classroom and physical education.
- Most evaluations reported nutritional education had been sent home at least one time throughout the year; the number of times varied from one to seven. Nutritional information must be sent home at least twice per year.

The Wellness Committee feels the following changes need to be made:

- Wellness Information about nutrition and physical activity must be sent home at least twice per school year. School staff will continue to work on increasing the amount of nutritional information that is sent home. Some improvement noted from previous survey.
- School staff will continue to move students from food reinforcers to non-food reinforcers.

Please feel free to contact me with any questions regarding any of the findings or changes.

*Leslie Woods, RN*

Asst. Director for School Health Services

[Leslie.Woods@dese.mo.gov](mailto:Leslie.Woods@dese.mo.gov)

573-522-6186