

Missouri Schools for the Severely Disabled (MSSD) Wellness Committee 2015 MSSD Wellness Review Summary

The following are the results from the 2015 review of the *School Wellness Policy Needs Assessment and Annual Evaluation Tool* (7-760-797) forms from each MSSD school.

- Many schools reported less than ten percent of students use food reinforcement. The highest result was 25% of students using food reinforcement. Several schools reported zero percent of students moving toward non-food reinforcement. It should be a priority to move any child that can be, to non-food reinforcement.
- Most schools listed successful fundraisers that did not include food or included healthy food choices. There were several fundraisers that included physical activities. Examples of fundraisers held were t-shirt sale, nut sale, garbage bag sale, walk-a-thon, special Olympic day, dance-a-thon and vinyl bag sale.
- Only two schools had only one healthy choice in their vending machines. Although these machines are only for staff use, a second choice should be added so staff has another choice for a healthy alternative.
- All schools were successful in the categories of integrating physical activity into the classroom and physical education.

The Wellness Committee recommends the following changes be made:

- Update the Administration and Instruction Guidebook section *6600 Wellness Policy* and *School Wellness Policy Needs Assessment and Annual Evaluation Tool* form so they include the same regulations and information.
- Update section *6600 Wellness Policy* to express the same regulations and information as section *1310 Snacks*.
- Update the tobacco section of the *6600 Wellness Policy* and *School Wellness Policy Needs Assessment and Annual Evaluation Tool* form to include all tobacco products.
- Update the nutritional education portion of the *6600 Wellness Policy* to include IEP goals and require that the food made be food that is attainable within the home environment that the child might actually be making.
- The committee recommended moving the due date for the *School Wellness Policy Needs Assessment and Annual Evaluation Tool* form to March 1st and continuing the odd year assessment time frame. This would make the next *School Wellness Policy Needs Assessment and Annual Evaluation Tool* form due March 1st 2017. It needs to be clarified that the results should reflect what is happening at that moment at the school, not a collection over the two years.
- The director for business management was added to the Wellness Committee.

If you have any questions regarding any of the changes or findings, please feel free to contact me.

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