2021 MSSD Wellness Review Summary

The following are the results from the 2021 School Wellness Policy and Needs Assessment and Annual Evaluation Tool review.

* 16 schools use food as reinforcers. 18 schools no longer use food as a reinforcer.
  + Many evaluations showed less than 15% of students use food as a reinforcer. The highest result was 75% of students using food as a reinforcer. This is increased from previous survey. It is a priority to move all children possible to non-food reinforcement.
* Many schools deferred fundraisers due to the COVID-19 pandemic. Those schools that did hold fundraiser listed successful fund raisers that did not include food, included healthy food choices or encouraged physical activity. Overall, examples include: popcorn sale, plant sale, and a Christmas Store with non-food items.
* All schools with vending machines reported they had the required two healthy alternatives, improved from previous survey. Most schools report no vending machines, or vending machines are for staff use only.
* 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.
* Goals to continue to strive for include:
  + 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.
  + School staff will continue to move students from food reinforcers to non-food reinforcers.
* The Wellness Committee feels the following changes need to be made to the School Wellness Policy Evaluation Tool Form:
  + Add measurement of actual Physical Education minutes given to students in PE class to Physical Education portion of survey.
  + There are no recommended changes to the Wellness Guidance at this time.

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

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