

Local Wellness Policy

2026-2027

Committee Members:

Carey Drehle, Superintendent
Nikki Swaters, Principal
Amy Wagner, Admin Assistant/Board Secretary
Felicia Foster, Health Assistant
Brad Drehle, PE/Health Teacher
Trey Foster, Science Teacher
Erin Vogel, Counselor
Meghan Bauer, Parent/Secretary
Janna Wareham, Board President
Paige Kimsey, Art Teacher
Kate Wareham, Student Council President
Tabitha Connor, Food Service Director

Board President

Date

Superintendent

Date

Adopted to promote physical activity, healthy eating, and general wellness for optimal
development of each of our students.

Purpose

The Montrose R-XIV School District is committed to supporting the health and well-being of all students. The District recognizes that students learn best when they are healthy, safe, and supported.

To promote student success, the District will provide a positive, safe, and health-promoting learning environment across all grade levels and school settings.

Research shows that healthy eating, regular physical activity, and proper hydration are linked to improved academic performance, attendance, and overall student well-being. Schools play an important role in helping students develop lifelong healthy habits through access to nutritious foods, opportunities for physical activity, and wellness education.

This policy supports a coordinated approach to student wellness and establishes guidelines to promote healthy behaviors throughout the school community.

This policy is established in accordance with:

- The **Healthy, Hunger-Free Kids Act of 2010**
- The **National School Lunch Program (NSLP)**
- Applicable **Missouri Department of Elementary and Secondary Education (DESE)** guidance

I. School Wellness Committee

Committee Role and Membership

The District will establish a representative **District Wellness Committee (DWC)**, or utilize an existing school health committee, to oversee the development, implementation, and periodic review of the District's wellness policy. The committee will meet at least four (4) times annually to establish goals and monitor school health and safety policies and programs.

The DWC will include representation from all school levels (elementary and secondary) and, to the extent practicable, will reflect the diversity of the school and community. Membership may include, but is not limited to, parents and caregivers; students; school nutrition staff (such as the food service director); physical and health education teachers; school health professionals (including nurses, counselors, and other support staff); school administrators; members of the Board of Education; community health professionals; and interested members of the public.

When available, participation from Supplemental Nutrition Assistance Program Education (SNAP-Ed) representatives will also be included. The District will make reasonable efforts to include representation from each school building.

Leadership

The Superintendent or designee will convene and facilitate the work of the District Wellness Committee and will oversee the development, implementation, and review of the District's wellness policy. The Superintendent is responsible for ensuring district-wide compliance with this policy.

The designated official responsible for oversight of the District Wellness Policy is **Carey Drehle, Superintendent**.

District Wellness Committee Membership

Name	Title / Relationship to District	Contact Information	Role on Committee
Carey Drehle	Superintendent	cdrehle@montrose.k12.mo.us	Serves as Wellness Policy Coordinator; facilitates development, implementation, and review of the wellness policy and ensures district compliance
Nikki Swaters	Principal	nswaters@montrose.k12.mo.us	Supports implementation of the wellness policy at the building level and provides administrative input
Trey Foster	Science Teacher	tfoster@montrose.k12.mo.us	Represents school staff perspectives in wellness planning
Felicia Foster	Health Assistant	ffoster@montrose.k12.mo.us	Guides student health needs and supports wellness initiatives

Brad Drehle	PE/Health Teacher	Bdrehle@montrose.k12.mo.us	Contributes expertise in physical activity and health education programming
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Erin Vogel	School Counselor	evogel@montrose.k12.mo.us	Supports student wellness through social-emotional and mental health services
Amy Wagner	Admin Assistant/Board Secretary	awagner@montrose.k12.mo.us	Assists with communication, coordination, and documentation of committee activities
Janna Wareham	Board President	jwareham@montrose.k12.mo.us	Provides Board-level input and supports policy adoption and oversight
Paige Kimsey	Art Teacher	pkimsey@montrose.k12.mo.us	Represents school staff perspectives in wellness planning
Tabitha Connor	Food Service Director	tconnor@montrose.k12.mo.us	Provides expertise on school nutrition programs and compliance
Kate Wareham	Student Council President	(On file with district)	Represents student voice, provides input on student preferences, and supports promotion of wellness initiatives

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a written plan for implementation of this wellness policy. The plan will outline roles, responsibilities, actions, and timelines for each school and will identify individuals responsible for carrying out specific components of the policy. The implementation plan will include measurable goals and objectives related to:

- Nutrition standards for all foods and beverages available on campus
- Food and beverage marketing
- Nutrition promotion and education
- Physical activity and physical education
- Other school-based wellness activities

The District may utilize tools such as the Centers for Disease Control and Prevention (CDC) School Health Index or similar assessment tools to evaluate current practices, develop action plans, and guide continuous improvement.

The wellness policy and progress reports will be made available to the public on the District website: <https://www.montrose.k12.mo.us/>

Measurable Wellness Goals

The Montrose R-XIV School District will establish and monitor measurable wellness goals to support student health and ensure effective implementation of the Local Wellness Policy. Progress toward these goals will be reviewed periodically by the District Wellness Committee and evaluated as part of the District's triennial assessment.

Nutrition Education Goal

The District will provide nutrition education to students during each school year through health education, physical education, science, or other appropriate instructional areas. Nutrition instruction will include age-appropriate information that supports students in making informed and healthy food choices.

Physical Activity Goal

The District will provide students with regular opportunities for physical activity throughout the school year. Elementary students will receive at least 50 minutes of physical education instruction per week and at least 20 minutes of recess each regular school day. Secondary students will receive physical education in accordance with district and state requirements and will have opportunities to participate in physical activity through physical education, athletics, activity breaks, or other school-based activities.

Recordkeeping

The District will retain records to document compliance with this policy in accordance with federal requirements. Records will be maintained at the Superintendent's Office and/or on the District's central network.

Documentation will include, but is not limited to:

- The current written wellness policy
- Documentation demonstrating that the policy is available to the public
- Records of efforts to review and update the policy, including stakeholder involvement
- Documentation of annual public notifications
- The most recent **triennial assessment** and supporting materials
- Documentation demonstrating that the triennial assessment has been made available to the public

Annual Public Notification

The District will inform families and the public annually about the content and implementation of the wellness policy.

This notification will include:

- A summary of the policy and any updates
- Information on the District's progress toward meeting wellness goals
- A description of wellness-related activities and initiatives
- Contact information for the Wellness Policy Coordinator
- Information on how to participate in the District Wellness Committee

Information will be shared through the District website and other communication methods such as newsletters, emails, or parent communications.

Triennial Assessment

At least once every three (3) years, the District will conduct a comprehensive assessment of the wellness policy.

The assessment will evaluate:

1. The extent to which schools are in compliance with the wellness policy
2. The extent to which the District's policy compares to model wellness policies

3. Progress made toward achieving the goals outlined in the policy

The Superintendent or designee will oversee the triennial assessment in collaboration with the District Wellness Committee.

The results of the triennial assessment will be documented in a written report, made available to the public, and used to guide policy revisions and program improvements.

Policy Review and Updates

The District Wellness Committee will review and update the wellness policy at least once every three (3) years, or more frequently as needed.

Updates may be based on the results of the triennial assessment, changes in federal or state regulations, and/or emerging health information or best practices.

Community Involvement and Communication

The District is committed to engaging families and the community in the development, implementation, and ongoing review of the wellness policy. The District will provide opportunities for stakeholders to participate in the District Wellness Committee and will communicate policy information and updates through a variety of channels. This includes sharing information about school meal programs, including nutritional standards and application processes, as well as providing guidance related to Smart Snacks requirements and the promotion of healthy school environments.

Communication methods may include the District website, email, and other digital communications, newsletters, printed materials, and parent meetings or school events. The District will make reasonable efforts to ensure that all communications are accessible and appropriate for the diverse needs of families.

The District will also inform the public annually of the availability of the wellness policy, updates on progress toward wellness goals, and the results of the triennial assessment.

III. Nutrition

School Meals

The Montrose R-XIV School District is committed to providing healthy, balanced meals that support student growth, development, and academic success. School meals will include a variety of fruits, vegetables, whole grains, and fat-free or low-fat milk, and will be moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving (as indicated by

nutrition labels or manufacturer specifications). Meals are designed to meet the nutritional needs of students within established calorie requirements.

The District participates in federally funded child nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), and, when applicable, the Summer Food Service Program (SFSP). All meals served through these programs will meet or exceed current federal, state, and local nutrition standards. The District is committed to ensuring that meals are accessible to all students, appealing and attractive, and served in clean, safe, and welcoming environments. School meal programs will support healthy eating behaviors, help address childhood obesity, and model lifelong healthy habits while accommodating cultural preferences and special dietary needs.

The District will implement evidence-based strategies to promote healthy food and beverage choices. These strategies may include, but are not limited to:

- Increasing the visibility and accessibility of fruits and vegetables
- Incorporating grab-and-go meal options that include healthy components
- Training staff to encourage students to select nutritious food and beverage options
- Placing healthier beverage options in prominent and accessible locations
- Highlighting alternative entrée options (e.g., salad bars, yogurt parfaits)
- Using student input, such as surveys and taste testing, to inform menu development and dining environment improvements
- Displaying student artwork in service and dining areas
- Promoting menu items through announcements and other communication methods
- Ensuring that reimbursable meals are available in all service areas accessible to students

Menus will be posted on the District website and will include information about menu offerings. The District will accommodate students with special dietary needs in accordance with federal regulations.

Students will be provided adequate time to eat, including at least ten (10) minutes for breakfast and twenty (20) minutes for lunch after receiving their meals. Meals will be scheduled at appropriate times during the school day. The District will also promote participation in federal child nutrition programs to ensure that students and families are aware of available meal opportunities.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as outlined in the USDA Professional Standards for Child Nutrition Professionals. School nutrition personnel will participate in ongoing professional development to maintain current knowledge and skills related to food safety, nutrition standards, and program compliance. Staff will utilize resources available through USDA and other approved organizations to support their training needs.

Water Access

To promote hydration, free, safe, and unflavored drinking water will be available to all students throughout the school day and across all school campuses. Drinking water will be available in locations where meals are served during mealtimes. Students will be permitted to bring and carry approved water bottles filled with water throughout the school day.

Competitive Foods and Beverages (Smart Snacks)

The District is committed to ensuring that all foods and beverages available to students during the school day support healthy eating habits. All foods and beverages sold to students outside of the federally reimbursable school meal programs will meet or exceed the USDA Smart Snacks in School nutrition standards.

These standards apply to all locations and services where food and beverages are sold during the school day, including, but not limited to:

- À la carte lines in cafeterias
- Snack or food carts
- Fundraisers held during the school day

The District will utilize available resources and tools, including those provided by USDA and other recognized organizations, to support implementation and compliance with Smart Snacks standards.

Celebrations, Classroom Snacks, and Rewards

The District encourages practices that support student health and minimize the use of low-nutritional-value foods.

- **Celebrations and Parties:** Foods provided during classroom celebrations are encouraged to meet Smart Snacks standards. The District will provide families and staff with a list of healthy and non-food celebration ideas.
- **Classroom Snacks:** Parents and guardians will be encouraged to provide snacks that meet Smart Snacks standards. The District will provide guidance on appropriate snack options.
- **Rewards and Incentives:** The use of food and beverages as rewards is discouraged. Food and beverages will not be withheld as punishment. Staff will be provided with alternative, non-food reward ideas to promote positive behavior.

Fundraising

Fundraisers conducted during the school day that involve the sale of food or beverages to students will meet or exceed USDA Smart Snacks in School nutrition standards.

The District will provide staff and families with a list of healthy fundraising ideas and encourage the use of non-food fundraisers whenever possible.

Nutrition Promotion

The District recognizes that nutrition promotion and education are essential to developing lifelong healthy eating behaviors. The District will use evidence-based strategies and consistent messaging to create a school environment that encourages healthy food and beverage choices and supports participation in school meal programs.

Students and staff will receive consistent nutrition messages across the school environment, including classrooms, cafeterias, and physical activity settings. Nutrition promotion will also include the marketing and advertising of healthy foods and beverages and will be implemented through a coordinated, school-wide approach involving staff, students, families, and the community.

The District will promote healthy food and beverage choices by:

- Implementing evidence-based strategies, including Smarter Lunchroom techniques, within school meal programs
- Encouraging student participation in school meal programs
- Ensuring that all foods and beverages marketed or promoted to students meet USDA Smart Snacks in School nutrition standards

Nutrition Education

The District will teach, model, encourage, and support healthy eating behaviors for all students. Nutrition education will provide students with the knowledge and skills necessary to make informed food choices and maintain lifelong health.

Nutrition education will:

- Be aligned with Missouri Learning Standards and integrated across subject areas, including health, science, math, and other core and elective courses
- Include developmentally appropriate, culturally relevant, and engaging activities such as taste-testing, cooking demonstrations, school gardens, and other hands-on learning experiences
- Promote the consumption of fruits, vegetables, whole grains, and low-fat or fat-free dairy

products

- Emphasize the relationship between nutrition, physical activity, and overall health
- Reinforce concepts taught through school meal programs, cafeteria promotions, and community partnerships
- Include instruction on media literacy related to food and beverage marketing
- Provide opportunities for staff to receive training on nutrition education and promotion

Essential Healthy Eating Topics

The District will include a variety of evidence-based nutrition topics within the health education curriculum. Instruction will include a minimum of twelve (12) of the following topics:

- ★ Relationship between healthy eating and personal health and disease prevention
- ★ Food guidance based on MyPlate
- ★ Reading and using Nutrition Facts labels
- ★ Eating a variety of foods daily
- ★ Balancing food intake with physical activity
- ★ Increasing consumption of fruits, vegetables, and whole grains
- ★ Choosing foods low in saturated fat and free of trans fat
- ★ Limiting added sugars
- ★ Increasing calcium-rich food intake
- ★ Preparing healthy meals and snacks
- ★ Risks of unhealthy weight control practices
- ★ Accepting body size differences
- ★ Food safety practices
- ★ Importance of adequate hydration
- ★ Importance of eating breakfast
- ★ Making healthy choices when eating away from home
- ★ Understanding eating disorders
- ★ Following the Dietary Guidelines for Americans
- ★ Reducing sodium intake
- ★ Understanding social influences on eating behaviors (media, family, peers, culture)
- ★ Identifying reliable nutrition information and services
- ★ Setting and tracking personal nutrition goals
- ★ Resisting peer pressure related to unhealthy eating
- ★ Supporting and encouraging healthy choices in others

Food and Beverage Marketing in School

The District is committed to providing a school environment that supports healthy eating and

limits exposure to marketing that is inconsistent with student wellness goals. To reinforce nutrition education and promote healthy choices, the District will restrict the marketing and advertising of foods and beverages on school campus during the school day.

Only foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be marketed or promoted to students during the school day.

Food and beverage marketing includes any advertising or promotion intended to encourage the purchase or consumption of a product. This may include, but is not limited to:

- Brand names, logos, or trademarks displayed on school property
- Signage or displays on vending machines, scoreboards, or other equipment
- Logos or branding on cups, menus, posters, or other food service materials
- Advertisements in school publications, announcements, or mailings
- Distribution of free product samples, coupons, or promotional materials

When existing contracts are reviewed or new agreements are considered, the District will ensure that purchasing decisions and equipment updates align with this policy to the extent practicable.

IV. Physical Activity

The District recognizes that regular physical activity is essential to student health, well-being, and academic success. Children and adolescents should engage in at least sixty (60) minutes of physical activity each day. The District is committed to supporting this goal through a comprehensive school physical activity program (CSPAP), which includes quality physical education, as well as opportunities for physical activity before, during, and after the school day, along with staff, family, and community involvement.

Schools will ensure that physical activity opportunities are provided in addition to, and not as a substitute for, physical education. Opportunities for physical activity during the school day may include recess, classroom activity breaks, and other structured or unstructured activities. Schools are encouraged to participate in programs that support comprehensive physical activity initiatives.

Physical activity will not be withheld as punishment for any reason. This does not apply to participation in extracurricular activities or athletics that have established academic or behavioral requirements. The District will provide staff with guidance on alternative methods for discipline that do not involve the restriction of physical activity.

To the extent practicable, the District will ensure that school facilities and grounds are safe and that appropriate equipment is available to encourage student participation in physical activity. The District will conduct regular inspections and make necessary repairs to maintain safe

environments.

Physical Education

The District will provide a standards-based physical education program that is developmentally appropriate and aligned with Missouri Learning Standards. The program will promote the benefits of an active lifestyle and equip students with the knowledge and skills necessary to engage in lifelong physical activity.

All students will have equal opportunity to participate in physical education. The District will provide appropriate accommodations and modifications to ensure equitable access for all students.

Elementary students will receive physical education instruction for a minimum of 50 minutes per week. Secondary students will complete physical education coursework in accordance with district and state graduation requirements.

The District's physical education program will:

- Include regular assessment of student fitness using appropriate tools (e.g., Presidential Youth Fitness Program or similar assessments)
- Use standards-based or criterion-referenced reporting to monitor student progress
- Ensure that students are engaged in moderate to vigorous physical activity for at least 50% of class time

All physical education classes will be taught by certified or appropriately endorsed teachers. Physical education staff will participate in ongoing professional development to maintain current knowledge and instructional practices.

The District does not grant waivers, exemptions, or substitutions for required physical education courses.

Essential Physical Activity Topics in Health Education

The District will provide health education at all grade levels. Middle and high school students will be required to complete at least one health education course.

Health instruction will include a minimum of twelve (12) of the following essential physical activity topics:

- ★ Benefits of physical activity (physical, mental, and social)
- ★ Relationship between physical activity and healthy weight
- ★ Connection between physical activity and academic performance
- ★ Health risks associated with sedentary lifestyles

- ★ Components of health-related fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition)
- ★ Differences between physical activity, exercise, and fitness
- ★ Components of an exercise session (warm-up, activity, and cool-down)
- ★ Strategies for overcoming barriers to physical activity
- ★ Reducing sedentary behaviors
- ★ Opportunities for physical activity in the community
- ★ Injury prevention and safety during physical activity
- ★ Weather-related safety considerations
- ★ Recommended frequency, intensity, time, and type of physical activity
- ★ Developing and monitoring personal fitness goals and plans
- ★ Risks associated with performance-enhancing substances
- ★ Social influences on physical activity (media, family, peers, culture)
- ★ Accessing reliable information about physical activity and fitness
- ★ Supporting and encouraging others to be physically active
- ★ Resisting peer pressure related to inactivity

Physical Activity Requirements

Recess (Elementary)

All elementary schools will provide a minimum of **20 minutes of recess daily on all days school is in session**, except on days with early dismissal or late arrival when schedules do not permit.

When recess precedes lunch, schools will ensure students have access to appropriate handwashing facilities and/or hand sanitizer stations located in or near the cafeteria. Students will be expected to use these hygiene measures before eating. Transition time will include opportunities for hand hygiene, removal/storage of outerwear, and orderly movement to the cafeteria.

Recess will be provided outdoors when weather conditions are safe and appropriate for student activity. When outdoor recess is not possible, staff will provide structured indoor recess that promotes physical activity to the greatest extent practicable.

Recess will:

- Complement, not replace, physical education instruction
- Not be withheld for academic or disciplinary reasons except as permitted by district discipline policy

- Be supervised in a manner that encourages safe, active play
- Include staff encouragement of student movement and activity when feasible

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that regular movement supports student focus, behavior, and learning readiness.

Students will be provided periodic opportunities for physical activity or stretching throughout the school day, as instructional time allows.

Teachers are encouraged to provide short **3–5 minute movement breaks at least three times per week**, or more when feasible. These breaks:

- May occur during or between instructional periods
- Will not replace physical education, recess, or transition time
- Are intended to reduce prolonged sedentary behavior

The District will support staff by providing access to evidence-based resources (e.g., USDA, Alliance for a Healthier Generation, and other reputable physical activity programs).

Active Academics (Elementary and Secondary)

Teachers are encouraged to incorporate movement and kinesthetic learning strategies into core instruction (including mathematics, science, language arts, and social studies) when appropriate.

The District will:

- Provide ongoing professional development and instructional resources supporting active learning strategies
- Encourage instructional practices that reduce prolonged sitting when feasible
- Promote teacher modeling of healthy, active behaviors when appropriate

Active academic strategies are intended to enhance learning and will not replace required physical education instruction or structured physical activity opportunities.

Physical Education Compliance (All Grades)

The District will provide physical education instruction in accordance with **Missouri state graduation requirements and DESE standards**, ensuring students have opportunities to develop lifelong fitness knowledge and skills.

Physical education will:

- Be taught by appropriately certified staff
- Include moderate to vigorous physical activity where appropriate
- Support skill development, fitness, and lifelong wellness behaviors
- Not be substituted with recess or classroom physical activity breaks

Before and After School Physical Activity

The District will offer opportunities for physical activity outside the instructional day, which may include:

- Athletic programs and team sports
- After-school activity or enrichment programs
- Open gym or structured movement opportunities when available

Participation will be encouraged but not required, and opportunities may vary by grade level and staffing availability.

Active Transportation

The District supports active transportation to and from school, including walking and biking, when safe and feasible.

The District will promote active transportation through a combination of strategies, which may include:

- Identifying and sharing safe walking/biking routes
- Promoting awareness campaigns such as Walk to School initiatives
- Providing bicycle storage when feasible
- Supporting pedestrian and bicycle safety education
- Encouraging use of crosswalks and traffic safety procedures
- Coordinating with local partners on crossing guard support where available
- Promoting “walking school bus” programs when feasible

V. Other Activities that Promote Student Wellness

The District will promote student wellness through a coordinated, comprehensive approach that integrates physical activity, nutrition education, and overall well-being across the school environment, including classrooms, cafeterias, school events, and extracurricular settings.

Wellness efforts will be coordinated across buildings and departments to ensure initiatives are aligned, non-duplicative, and support shared goals of improving student health, engagement, and academic success.

Integrated Wellness and Curriculum Connections

Schools will incorporate health and wellness concepts across instructional areas when appropriate. Examples may include integrating nutrition concepts into mathematics, science, health, and other content areas through interdisciplinary instruction.

Curriculum alignment and support will be provided in collaboration with district curriculum staff to ensure accuracy, consistency, and age-appropriate instruction.

Coordination of Grants, Recognition, and External Funding

Any applications for wellness-related grants, recognition programs, or external funding supporting healthy school environments will be coordinated with District leadership and the District Wellness Committee (DWC) or designated subcommittee.

All funded initiatives will align with and support the goals of the District Wellness Policy.

School-Sponsored Events and Activities

All school-sponsored events will reflect the intent of the District Wellness Policy when feasible.

When food and beverages are provided, and when appropriate for the event, schools are encouraged to offer healthier options consistent with federal Smart Snacks standards.

School-sponsored wellness activities are encouraged to include opportunities for physical activity and health promotion when appropriate to the event structure.

Community Partnerships

The District will maintain and develop partnerships with community organizations, agencies, and stakeholders that support student wellness.

All current and proposed partnerships, sponsorships, and collaborative initiatives will be reviewed to ensure alignment with District wellness goals and federal and state guidelines.

Partnerships that promote nutrition education, physical activity, mental health, and family engagement are encouraged when they support the District's wellness objectives.

Community Health Promotion and Family Engagement

The District will actively promote healthy eating, physical activity, and overall wellness to families and the broader community throughout the school year.

Families will be encouraged to participate in school wellness activities and will receive information regarding health promotion initiatives, events, and resources.

The District will use multiple communication methods, which may include:

- Email and electronic notifications
- District and school websites
- Newsletters and flyers
- Social media and announcements
- Parent meetings and school events

Communication efforts will be designed to ensure equitable access to wellness information for all families.

Staff Wellness and Health Promotion

The District supports staff wellness as an important component of a healthy school environment. The District Wellness Committee will establish or maintain a staff wellness subcommittee to:

- Identify and promote staff wellness resources and initiatives
- Support healthy lifestyle opportunities for staff
- Coordinate wellness efforts with District leadership

The District will encourage participation in wellness programs that support healthy eating, physical activity, stress management, and overall well-being. When feasible, these opportunities will be low-cost or free.

The District will implement a “healthy meetings” guideline for events where food and beverages are provided. These guidelines will promote a variety of nutritious options and consider diverse dietary needs when feasible.

Professional Learning

The District will provide or support ongoing professional learning opportunities for staff, when feasible, to strengthen knowledge and skills related to student wellness.

Professional learning may include topics such as:

- Integrating movement and active learning strategies into instruction
- Supporting nutrition education across content areas
- Understanding the connection between student health, behavior, and academic achievement
- Promoting classroom environments that reduce prolonged sedentary behavior

Professional development will support the integration of wellness into broader instructional goals, school improvement efforts, and district initiatives.