

School Wellness Policy Assessment Tool
Montrose School – September 2026

This tool serves as the triennial assessment for the Montrose R-XIV District Wellness Program.

Wellness Policy Language	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
Provide students at all grade levels with adequate knowledge on nutrition.	X			Training Staff to include nutrition standards, based on the Missouri Learning Standards, within all content has occurred.	Curriculum monitored and reviewed to ensure this requirement is met through all grade spans.
Health Course is taught and required for HS graduation	X			Health Class is standard for all high school students before graduation.	Continue to monitor an updated health curriculum based on Missouri Learning Standards.

Promote the importance of good nutrition in school and community.	X			Promoting the importance of good nutrition in the school has been reached. Promoting this outside of the school has been accomplished with added articles in the school publication, The Arrow, and dispersing info on the District website & social media.	The District will continue to promote good nutrition as explained and look for additional avenues to do so.
Physical Education and Physical Activity Goals					
Increase physical activity levels of all students	X	X		Elementary students receive more than their required amount of physical activity via Physical Education classes and recess. All Junior High students are required to participate in a physical education class. All HS students are required to earn 1 credit of Physical Education before graduation, and are encouraged to enroll in additional PE classes.	Encourage physical activity brain breaks for students during instructional time. The elementary will promote outdoor recess and has temperature protocols in place to facilitate outdoor recess occurring more often.

Teach JH/HS students appropriate lifetime activities for fitness	X			During required PE time, multiple activities will be taught and implemented in the curriculum. Lifetime fitness courses are offered to HS students as an elective beyond the required course taught to 9 th grade.	Connect additional lifetime activities for fitness with the community and increase the opportunities provided to students that are available off campus.
Promote school and community relations that provide access to district facilities for Physical Activities.	X			The district promotes the use of facilities by outside groups pursuing physical activity opportunities. The Montrose Youth Activity Association is growing and uses district facilities. Additionally, Community adult basketball occurs in the district's gym on occasion.	Continue to communicate to community members and organizations that use of district facilities, especially for physical activity, is encouraged and welcomed.
Nutrition Guidelines for all Foods Available					
Monitor Menu items served to students to meet Daily Recommended Requirements.		X		Training of food and nutrition staff occurs on a consistent basis via on-district training and through trainings and conferences via outside organizations. This occurs annually.	Monitor program to ensure compliance

Vending Machine Items meet all requirements.	X			We do not have vending machines.	We do not have vending machines.
Food provided for incentives/Rewards meet requirements		X		The school nurse communicates to parents the appropriate food/snacks to provide during parties and events. Additionally, building-level admins encourage staff to follow the Smart Snack Guidelines when offering incentives.	Continue to promote and educate staff to offer incentives and rewards that adhere to the Smart Snack guidelines.
Other School Based Activities Goals					
Increase communication to parents and stakeholders	X	X		Consistently update school website and social media with menu options and activities available for healthy lifestyles. Various physical activity initiatives and goals have been offered to staff as fun, culture-building, health opportunities.	The district has met this standard and continues to explore opportunities for improvement, including identifying a more consistent, user-friendly platform that supports effective two-way communication with families and stakeholders.
Food Marketing					

Foods distributed as part of fundraising activities will meet all necessary requirements		X		Only historical fundraising activities are allowed to not meet requirements. This is tracked by the principal's office/school nurse.	Monitor compliance of fundraising activities
Use of marketing products will be controlled by the school.	X			The district follows USDA, State, and Smart Snack requirements when determining what marketing is allowable on district grounds.	Continue the monitoring of marketing products posted within the school.
Staff Wellness					
Increase staff participation in fitness activities.	X			Various physical activity initiatives and goals have been offered to staff as fun, culture-building, health opportunities. The district is also a member of the Bukaty health insurance consortium. Incentive programs are offered through Bukaty and facilitated by the school nurse.	Consider making the gym, weight room, and fitness area available to staff.