

Date: 9/26/2016

### Evaluation of Wellness Program

The following evaluation tool will be utilized to determine level of implementation and overall success of the Wellness Program. Analysis of data will provide guidance in revision of activities and programs within the Wellness Plan to ensure students have the skills and knowledge to live a healthy lifestyle now and throughout their adult lives.

**Rating Keys:**

- 4 = Fully in Place
- 3 = Partially in Place
- 2 = Under Development
- 1 = Not in Place

Wellness Plan Evaluation					
Process Indicators	1	2	3	4	Comments
Wellness Committee has been established				X	
Nutrition Educational lessons & Units are incorporated into the curricula			X		
School Lunch menus comply with USDA Regulations.				X	Unless Limited Productivity
School Breakfast menus comply with USDA Regulations.				X	Unless Limited Productivity
Menus will be published on the district website				X	
Contents of beverage vending machines available for student use during the school day will be evaluated to determine nutritional contents of beverages.				X	
All vending machines available to students during the school day will be stocked with beverages meeting at least the Intermediate Level Missouri Eat Smart Guidelines				X	
Vending machines not meeting these guidelines will be blocked for student use during regular school hours				X	
Teachers and parents will be provided with a list of "Foods with Minimal Nutritional Value" and suggestions for healthy party treats and beverages.				X	
Schedules will be evaluated to ensure celebrations and parties providing food will be held after lunch periods				X	
Sponsors will review fund raising activities to evaluate the percentages of fundraising activities involving foods of minimal nutritional values				X	
Sponsors will ensure that at least 50% of fundraising activities consist of items not including food or beverages				X	
Building Principals will communicate to all staff that foods or beverages will not be used as rewards in the classroom nor withheld as a form of punishment for academic performance or students' behavior.				X	

Teachers will be encouraged to allow students to bring water bottles into the classroom				X	
Physical education program will be reviewed to ensure all elementary students have at least one period per week for physical education				X	
Physical education curriculum will ensure at least 50% of time is spent in moderate to vigorous activity				X	
Recess schedules will be reviewed to determine feasibility of moving recess prior to lunch				X	
Curricula will be reviewed to determine level and age-appropriateness of tobacco, alcohol and drug use prevention			X		
Weak areas of the curricula will be identified and appropriate lessons/units on prevention will be developed and implemented.			X		
Teachers will ensure students wash hands prior to lunch				X	
Teachers will supervise breakfast and lunch periods				X	
Rubrics will be developed to evaluate overall effectiveness of the Wellness Program			X		
Annual evaluations will be conducted each Spring				X	

<i>Outcome Indicators</i>	Baseline Measure	Baseline + One Year Include % Change (+/-)	Baseline + Two Years Include % Change (+/-)	Baseline + Three Years Include % Change (+/-)	Baseline + Four Years Include % Change (+/-)
Increase in Average Daily Attendance for Elementary Students	93%	+2% 94%	+2% 95%	+2% 96%	+2% 97%
Increase in Average Daily Attendance for Jr. High/High School Students	92%	+2% 93%	+2% 94%	+2% 95%	+2% 96%
Decrease in the number of school nurse office visits by elementary students	1103	-2% 1080	-2% 1058	-2% 1036	-2% 1015
Decrease in the number of school nurse office visits by jr. high/high school office visits	452	-2% 443	-2% 434	-2% 425	-2% 416
Increase in the percentage of students receiving the Presidential Physical Fitness Award	4	+1 5	+1 6	+1 7	+1 8

***Narrative of Data Analysis:***

The outcomes show the overall wellness plan is effective.

Healthy meals are offered to Students. More students are participating in the Breakfast and Lunch Program. The CEP program has been very beneficial in helping to make sure every student has a healthy meal for breakfast and Lunch.

Physical Education classes for students Pre-K thru 12. Recess times have been moved prior to lunch has helped students get more exercise.

Educating parents and students in elementary school, not high school only, by integrating nutrition curriculum into core subjects has helped them acquire knowledge and skills to make healthy decisions.

***Recommendations or Changes:***

Make changes as required by USDA Guidelines  
Continue to integrate nutrition education into core subjects in both the elementary and high school buildings.