

Fayette R-III Wellness Program Triennial Assessment

Wellsat Worksheet 4 Summary of Findings

Fayette R-III School District

11/22/22

SECTION 1: STRONG POLICIES AND ALIGNED PR

The Fayette R-III School District is fully in compliance with all the federal requirements that regulate nutrition education, school meals, competitive foods, and communication of these policies in the district. The school promotes student wellness using a standards-based nutrition education curriculum. Nutrition programs are utilized in the district and training is provided for staff. Competitive foods like vending machines are not available to students in the elementary and middle school and those that are available at the high school follow Smart Snacks standards. The wellness committee is comprised of a variety of stakeholders in the school and community and the policies are available to the public.

SECTION 2: CREATE PRACTICE IMPLEMENTATION PLAN

As part of our assessment of our policies, we identified areas that need to be included. The district does offer breakfast, we do have a plan for unpaid balances, and we do utilize strategies to increase participation in the school meal program that are not in the wellness policy. We are implementing a plan to include that information in our wellness policy. The wellness committee will work together to include this information in the policy and have it included on the school website. During this process we will make steps to revise the wellness policy as a committee and review the marketing of purchased foods to make sure the marketing follows our own policy.

SECTION 3: UPDATE POLICIES

SM2

SM4

SM6

There are three areas in our assessment that we are fully implementing our wellness practices in our schools that are not mentioned in our wellness policy. None of these items are federally regulated but we would like to improve the transparency of our wellness policy by including them more clearly in our policy. The wellness committee would like to work on these areas to draft new language by January, and present it to the Fayette R-III Board of Education by February for a vote. This effort will be led by Mrs. Beeler and Mrs. Stroupe.

SECTION 4: OPPORTUNITIES FOR GROWTH

The wellness committee identified two areas that we can focus on during the 2023-2024 school year to improve overall health for our students and to get a better picture of the habits of our students. After reviewing these items and surveying students and parents, the wellness committee can work together to come up with ideas to promote wellness in those particular areas in our policy. Areas for improvement are promotion of the farm to school program and identifying the population of our students who walk or bike to school. Another area that the wellness committee would like to focus on is staff health and wellness and we are currently brainstorming ways to implement our current policy to meet those needs with activities such as a pedometer contest, sports activities, and walking professional development.