

Review of Wellness Policy

Policy areas of strength:

- Policy is clear and easy to understand
- Policy addresses all 10 steps from the checklist covering all aspects of wellness for students.
- Policy addresses staff involvement as well as wellness available to staff.

Opportunities for Improvement:

- Translate to Spanish
- Continuously post information to the public
- Consistency of meetings and re-evaluating goals

How is MPS meeting goals?

Nutrition Goals

- Fresh Fruits and Vegetables Program for our elementary students
- Nutrition wall by MS/HS weight room
- Healthy monthly meal kits through the NE extension office

Physical Activity Goals

- Elementary students have PE and recess.
- MS students have 1 course of PE, house activities and sports.
- HS students must complete 10 credits of PE and participate in 1 sport.

Mental health/staff

- Increased therapists in the building 5 days a week, 22-23 school year was only 2 days/wk.
- Starting 22-23 school year the MS has 4 week rotation class with SEL.

Staff Wellness

- EHA Wellness for staff
- All staff became CPR certified over the 23-24 school year
- Project ADAM- staff will be considered "Heart Safe" by May 2025
- Insurance covers wellness check

Goals moving forward

Elementary - Hands on learning

Middle School - Encourage physical activity through PE and house activities.

High School - Learning lifelong wellness habits and activities.

District- Use of Farm to school meal options for students

Staff- EHA wellness participation