

Health & Wellness



2023-2024

Gallatin Gateway School
Wellness Plan & Procedures

This document, referred to as the “wellness plan”(the plan), is intended to implement policy #2510, which has been adopted by the Board, to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b]1.

This plan outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this plan establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the plan and its established goals and objectives.

This plan applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

COMMUNITY INVOLVEMENT

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the Whole Child Committee (WCC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law.

The WCC will permit the following persons to work with the WCC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The WCC will solicit involvement and input of these other interested persons by:

1. Posting on the District’s website the dates and times of WCC meetings at which the wellness policy and plan are scheduled to be discussed.

2. Listing in the student handbook the name and position of the person responsible for oversight of the District's wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

PUBLIC PARTICIPATION & NOTIFICATION

To comply with the legal requirement to inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy #2150;
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy #2150;
4. Notice of any WCC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The WCC's annual progress report on the District's wellness policy and plan; and
6. Any other relevant information.

The District will also publish the above information in appropriate District publications.

RECORDS RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. You may contact the District Clerk, who serves as the custodian of records, with questions.

IMPLEMENTATION

The Superintendent is responsible for the implementation of this wellness plan, including the submission of necessary information to the WCC and/or School Board for evaluation.

EVALUATION

In accordance with law, the District will periodically measure and make available to the public an assessment on the implementation of the District's wellness policy, the extent to which the District is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness

policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

At least annually, the WCC will prepare an annual progress report on the wellness policy and this plan by gathering information from the Superintendent. The WCC will assess the District's progress toward meeting the goals of the policy and plan by reviewing activities and events tied to the wellness program.

The WCC may use any of the following for that analysis:

1. Survey results for students, staff, and parents
2. Student and staff attendance data/statistics
3. Meal participation rates
4. Athletic and extracurricular activities participation rates
5. Any state or federal food service program audit results/reviews conducted
6. Any other district-developed self-assessment tool.

GUIDELINES & GOALS

According to GGS Policy #2150: The Superintendent or his/her designee will develop procedures based on following five (5) areas of requirement:

1. Nutrition Education & Promotion Goals
2. Physical Activity Goals
3. Nutrition Standards for All Foods & Beverages
4. Other School- Based Wellness Activities
5. Governance and Evaluation

The following provisions describe the District's above mentioned procedures, as developed by the Superintendent and WCC.

NUTRITION EDUCATION & PROMOTION GOALS

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;

- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Federal law requires that the District establish goals for nutrition promotion in its Wellness Policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

In accordance with GGS Policy #2150, the District has established the following goals for nutrition education and promotion.

<p>GOAL: The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeteria, classrooms, and other appropriate settings to maximize the number of students who are participating in the school food service program.</p>		
<p>OBJECTIVE 1: The District will increase participation in federal child nutrition programs by 1% each school year.</p>		
ACTION STEPS:	TIMELINE	METHODS FOR IMPLEMENTATION
Distribute information to families about the food service program and how to participate.	at least once per week throughout the year	Weekly classroom newsletters District Website District Email List District Facebook page
Consistently post monthly school breakfast and lunch menus well in advance.	Every month	Fliers home with students Posters in classrooms & hallways GBS News segments Press releases
Offer at least 1 new menu item each month.	Every month	Radio station or other media who will promote for free Creative names for menu items
Students will be offered samples of new menu items.	As warranted (monthly)	Survey students in person or using an electronic version
Allow students to provide feedback on menu items and help develop monthly menus.	At least once per year at Semester	

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

OBJECTIVE 1: The District shall provide professional development so that teachers and other staff responsible for nutrition education are adequately prepared to effectively deliver the program and integrate into other curriculum areas.

ACTION STEPS:	TIMELINE	METHODS FOR IMPLEMENTATION
Identify staff and determine appropriate professional development opportunities for those staff to attend.	Once per Year	Work with Professional Development Advisory Committee to determine method of delivery Identify community resources to provide the appropriate training Allow time during PLC to discuss how to implement into curriculum

OBJECTIVE 2: Utilize the Greenhouse for instructional purposes.

ACTION STEPS:	TIMELINE	METHODS FOR IMPLEMENTATION
Identify classes, clubs, or community groups to facilitate the use of the greenhouse. Ensure the greenhouse is operational and has all needed tools.	During the 2023-2024 school year	Allow time during PLC to discuss how to implement into curriculum Appoint a staff member to oversee the maintenance and upkeep of the greenhouse.

OBJECTIVE 3: 100% of students will have access to drinking water throughout the school day.

ACTION STEPS:	TIMELINE	METHODS FOR IMPLEMENTATION
Ensure students and parents are educated and notified that students are required to carry personally-owned water bottles at all times. Develop procedures for when students do not have their own water bottles or forget them at home.	Throughout the year At the beginning of the year, adjust as necessary	Notify families at Open House Include information in Back to School informational packet Include on yearly school supply list Water will be available during lunch periods as required by federal standards. Teachers develop procedures regarding any locations where water bottles may not be permitted and when students would be permitted to fill water bottles throughout the day.

OBJECTIVE 4: Review health class standards and update curriculum for K-8 instruction		
ACTION STEPS:	TIMELINE	METHODS FOR IMPLEMENTATION
Review latest standards for Health Education - specifically nutrition	June 2023	HPE teachers will participate in curriculum alignment process
Research standards based curriculum materials	2023-2024	
Request sample materials from established publishers	January 2024	Contact publishers regarding HPE materials for review
Determine new curriculum materials to purchase for K-8 HE instruction	March 2024	

PHYSICAL ACTIVITY GOALS

Federal law requires that the District establish goals for physical activity in its Wellness Policy. The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

The District has established the following goals for physical activity:

GOAL: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students.		
OBJECTIVE 1: The District will organize and plan school-wide physical activities.		
ACTION STEPS:	TIMELINE	METHODS FOR IMPLEMENTATION
The District will host at least three walk/bike to school days.	2023-2024 school year	Pick dates early and promote frequently throughout the year. Provide incentives for staff to participate with the students
Encourage student participation and promote programs such as, but not limited to: Jump Rope for Heart, Elks Hoop Shoot, local fun runs, Governor's	Throughout the year	Physical education teachers will facilitate student participation through PE classes. Identify community activities that are

<p>Cup, Big Sky State Games, Big Sky Fit Kids Day, etc.</p> <p>The District will implement morning recess to encourage physical activity before school.</p>		<p>occurring and ensure families and students are notified of the opportunity to participate.</p> <p>Promote activities via GGS News email, GBS News, website, Catapult calls, classroom newsletters and flyers sent home with students.</p>
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OBJECTIVE 2: At least 85% of 5-8 graders will participate in at least one athletic activity offered by Gallatin Gateway School.

ACTION STEPS	TIMELINE	METHODS FOR IMPLEMENTATION
<p>Promote athletic participation within the school.</p> <p>Recognize athletes and their athletic accomplishments.</p>	<p>2023-2024 school year</p> <p>Throughout each season and at the end.</p>	<p>Creation and dissemination of sign-up materials for each sport at least 1 month prior to the start of the sport.</p> <p>Offer free physicals by the school nurse</p> <p>School spirit activities on home game/contest days.</p> <p>Season ending celebrations.</p> <p>Shout outs to the athletes (i.e. morning announcements after a game with results, broken records for track, facebook promotions and photos of athletic events)</p>
<p>Hire competent and engaging coaching staff who assist athletes with basic fundamentals and prepare them for participation in high school sports.</p>	<p>2023-2024 school year</p>	<p>Continual advertising by District.</p> <p>Recruiting by Athletic Director.</p> <p>Collaboration with Gallatin High School coaching staff</p>

OBJECTIVE 3: The District will not withhold physical activity as a punishment or use physical activity as a punishment during the school day or during school-sponsored extracurricular activities. *Physical activity during the school day (includes but is not limited to recess, classroom physical activity breaks or physical education). Withholding recess for a recess-related infraction is acceptable.*

ACTION STEPS:	TIMELINE:	METHODS FOR IMPLEMENTATION
<p>Identify and determine alternative ways to discipline students.</p> <p>Communicate expectations with coaching staff</p>	<p>2023-2024 school year</p>	<p>Provide a list of alternatives to teachers and staff.</p> <p>Provide a list of alternatives and strategies to coaches (i.e. team developed consequences for infractions)</p> <p>Provide, if applicable, professional</p>

		development/training to coaches regarding positive coaching strategies that do not involve utilizing physical activity as punishment (i.e. laps, ladders, pushup, etc.)
GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.		
OBJECTIVE 1: After receiving appropriate staff development, at least 70% of teachers will report via a survey that physical activity breaks were regularly incorporated into their lessons. <i>(3-5-minute physical activity breaks to students during and between classroom time at least three days per week.)</i>		
ACTION STEPS:	TIMELINE	METHODS FOR IMPLEMENTATION
Determine dates and times when teachers can receive staff development Identify who will provide staff development	2023-2024 school year	Utilize PIR days or PLC Collaborate with Montana Team Nutrition or OPI for appropriate activities

NUTRITION STANDARDS FOR ALL FOOD & BEVERAGES

All District campuses participate in the United States Department of Agriculture’s (USDA’s) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity. The District’s nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

For the purposes of this plan, the term “Smart Snacks” will be used when referring to competitive foods and beverages that are not part of the regular meal programs.

A Guide to Smart Snacks in Schools is available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

The District has established the following goals for meeting the nutrition standards for all food and beverages:

<p>GOAL: The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating.</p>		
<p>OBJECTIVE 1: 80% of campus celebrations will include at least one item that is Smart Snacks compliant.</p>		
<p>ACTION STEPS:</p>	<p>TIMELINE</p>	<p>METHODS FOR IMPLEMENTATION</p>
<p>Identify and create a list of Smart Snacks compliant foods and beverages.</p> <p>Ensure celebrations will not interfere with the meal times, such as ensuring they occur after lunch.</p>	<p>2023-2024 school year</p>	<p>Evaluate each food or beverage item provided to students to ensure it meets the Smart Snacks guidelines.</p> <p>Plan campus celebrations in the afternoon or end of the day.</p>
<p>OBJECTIVE 2: 80% of classroom celebrations will include at least one item that is Smart Snacks compliant.</p>		
<p>ACTION STEPS</p>	<p>TIMELINE</p>	<p>METHODS FOR IMPLEMENTATION</p>
<p>Identify and create a list of Smart Snacks compliant foods and beverages.</p> <p>Building Administration shall Identify and determine if the campus would like to have up to five exempt days (i.e. Halloween, Valentine’s Day, etc.).</p> <p>Allow students to bring a food or beverage item of their choice for a birthday celebration. This does not have to meet Smart Snacks, but is encouraged.</p> <p>Educate students on the importance of healthy eating and snacking</p> <p>Ensure celebrations will not interfere with the meal times, such as ensuring they occur after lunch.</p>	<p>2023-2024 school year</p>	<p>Distribute to teachers, families, and students. Post to website.</p> <p>If determined, publicize to teachers, families and students. Document for Whole Child Committee for plan evaluation purposes.</p> <p>Communicate with students and parents regarding classroom expectations.</p> <p>Health class and/or homeroom teachers. Counselor lessons.</p> <p>Plan classroom celebrations in the afternoon or end of the day.</p>
<p>OBJECTIVE 3: By May of each school year, score at least at the bronze level on the Smarter Lunchroom</p>		

[scorecard](#).

ACTION STEPS	TIMELINE	METHODS FOR IMPLEMENTATION
<p>Food Service staff will complete the scorecard each October & May</p> <p>Determine how to implement additional Smarter Lunchroom strategies as needed.</p> <p>Collaborate with other small school lunch personnel to learn how to provide scratch made healthy food options.</p> <p>Learn more about Farm to Table and Harvest of the Month programs.</p> <p>Apply for grants to improve lunch options.</p>	<p>October 2023 & May 2024</p>	<p>Distribute the scorecard to food service and nutrition personnel each October & May</p> <p>Provide access to training for food service and nutrition personnel between October & May if appropriate.</p> <p>Provide a copy of the scorecard to the Whole Child Committee each May after completion.</p>

OBJECTIVE 4: Increase student involvement in meal planning.

ACTION STEPS	TIMELINE	METHODS FOR IMPLEMENTATION
<p>Elicit salad bar suggestions from students.</p> <p>Students(Class') plan a day's menu utilizing a budget and Smart Food options.</p>	<p>2023-2024 school year</p>	<p>Draw a student's name and salad bar suggestion to have on the salad bar. Share the student picks during morning announcements.</p> <p>Make part of the menu for the month. News</p>

OTHER SCHOOL-BASED WELLNESS ACTIVITIES

Federal law requires that the District establish goals for the other school-based activities in its wellness policy to promote student wellness. The District has established the following goals as part of its student wellness policy to create an environment conducive to healthy eating and physical activity and to promote and express a consistent wellness message.

GOAL: The District shall allow sufficient time for students to eat meals in areas that are clean, safe, and comfortable.		
OBJECTIVE 1: The master schedule will be built to allow at least 15 minutes for students to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.		
ACTION STEPS:	TIMELINE	METHODS FOR IMPLEMENTATION
Evaluate current meal time allowances and adjust master schedule as necessary.	2023-2024 school year	Track the average time it takes for students to receive a meal and be seated Stager students coming through the lunch line to minimize time in line and maximize seat time.
GOAL: The District shall promote wellness for students and their families with all school-based activities and fundraisers.		
OBJECTIVE 1: The District shall establish guidelines where food or beverage is sold as part of the fundraiser and or at a school event.		
ACTION STEPS	TIMELINE	METHODS FOR IMPLEMENTATION
Communicate this objective with appropriate organizations and Booster Club responsible for concessions and fundraisers. Collaborate with organizations for fundraisers and determine if exceptions will be allowed and if so what and when. Evaluate the concessions for Smart Snack compliance according to standards developed.	2023-2024 school year	Provide a list of Smart Snack compliant foods and beverages to the organizations and booster clubs. Determine the organization(s), the food or beverage, and when it will occur. Require the Booster Club to provide a list of concession items in advance of events.
GOAL: The District shall not, on a regular basis, utilize foods and beverages as a reward and shall never withhold foods or beverages as a punishment for any reason, such as for performance or behavior.		
OBJECTIVE 1: 80% of rewards and incentives employed by District staff will not consist of food or beverages.		
ACTION STEPS	TIMELINE	METHODS FOR IMPLEMENTATION
Identify alternative strategies to reward children	2023-2024 school year	Provide a list of alternative strategies to reward and celebrate students to teachers and staff

GOAL: The District shall promote employee wellness activities and involvement at suitable District activities.

OBJECTIVE 1: The District will utilize its health insurance provider to encourage wellness by communicating the preventative services covered at 100% during each plan year.

ACTION STEPS	TIMELINE	METHODS FOR IMPLEMENTATION
Distribute information about identified services to plan participants	2023-2024 school year	Work with the District's health insurance provider to determine what services are covered at 100%

OBJECTIVE 2: Campus-wide staff wellness activities will occur at least 2 times per year with at least 50% participation.

ACTION STEPS	TIMELINE	METHODS FOR IMPLEMENTATION
Identify individual(s), group, or committee who is responsible for implementation	September 2023	Volunteers, appointments, delegation by administration
Develop a list of ideas to submit to administration to meet this objective	October 2023	Survey staff interests, collaborate with local business
Provide a budget to the individual(s), group, or committee who is responsible for planning events	October 2023	Discuss options for donations, per person cost limits for activities, and any rewards or incentives that would be provided, if any.
Provide at least 1 month advance notice to staff members for each planned activity.	at least twice per year	staff email, calendar invites, in-person invites, fliers, texts, personal invitations.