

Wellness Policy Triennial Progress Report

Every three years, Mountain West Montessori Academy assesses school compliance with our Wellness Policy, which can be found on our website under Policies and Guidelines, Policies and Procedures Manual, on page 322, here:

https://mwmacademy.org/uploads/document/attachment/21/MWMA_Policies_Procedures_Manual_10-17-22_.pdf

Our Wellness Policy is modeled on the Alliance for a Healthier Generation’s policy.

Following is an analysis of compliance and progress toward the goals of the policy for each area it addresses:

| Area | Compliance | Progress |
|--|------------------------|--|
| Nutrition: School Meals | Compliant | MWMA serves healthy meals, both breakfast and lunch this year, which meet or exceed the current local, state, and federal nutrition regulations |
| Nutrition: Water | Compliant | Compliant |
| Nutrition: Competitive Foods & Beverages | Compliant | MWMA does not offer vending items and requires classroom snacks to meet healthy parameters |
| Nutrition: Celebrations & Rewards | Compliant | MWMA uses a celebration of life for student birthdays (no treats) and allows 3 “treat” days per year when sugary foods may be served to students: Halloween, winter holidays, and Valentine’s Day. |
| Nutrition Promotion | Compliant | MWMA does not promote unhealthy foods or beverages to students |
| Nutrition Education | Approaching compliance | Many, but not all, elementary teachers teach lessons on nutrition in their classrooms; the MS CCA curriculum includes healthy eating topics. |
| Nutrition Topics in Health Education | Compliant | MWMA’s Career & College Awareness class covers all 23 topics listed in the Wellness Policy |
| Nutrition: Food & Beverage Marketing in the School | Compliant | No foods or beverages are sold to students at school aside from school breakfast & lunch through our federal lunch program. |
| Physical Activity: PE | Compliant | MWMA offers P.E. classes to all students; Middle School students take several more P.E. credits than are required in MS by the state. |
| Physical Activity Topics in Health | Compliant | MWMA’ Health class covers many more than 10 of the topics listed in the Wellness Policy. |
| Physical Activity: Recess | Compliant | MWMA offers at least 20 minutes of recess per day to elementary students, with an emphasis on being outside regardless of weather. Extra recess is often offered at the discretion of teachers. |

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| Physical Activity: Classroom Breaks | Compliant | MWMA employs a behavior specialist who runs a Wellness Room in which student breaks can take place; there is an emphasis on movement during breaks, as well as mindfulness and sensory activities. Students are often offered walking breaks as well. |
| Physical Activity: Active Academics | Compliant | MWMA teachers offer flexible seating options such as kinesthetic chairs, chair bands, and floor seating to accommodate classroom movement. Our Montessori model also allows for freedom of movement in the classroom, extensive use of manipulatives, and |
| Physical Activity: Before & After School Activities | Compliant | MWMA offers After Care with use of the gym to promote physical activity after school. |
| Physical Activity: After-School Clubs | Compliant | MWMA offers Soccer Shots as well as student-initiated clubs that encourage physical activity such as Sports Club, Dodge Ball Club, Basketball Club, Running Club, and Yoga Club. |
| Physical Activity: Active Transport | Compliant | MWMA has a bike rack and offers students the option to be on a “walk list” to be dismissed first as well as the ability to store scooters, skateboards, etc., in the front vestibule during school. |