

Moniteau County R-V SCHOOL DISTRICT

WELLNESS POLICY

2025-2026

***Nutrition Education and Standards**

***Physical Activity**

***Other School-Board Activities**

Team Member Names and Contact Information

Name:	Title:	Phone:	Email:
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Representing School Food Authority/Child Nutrition Program

Rhonda Hees	School Food Authority	660-458-6271	
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Representing School Administration

Tracey Bieri	Administrator	660-458-6271	
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Representing School Board

Shawn Higgins	Board President	660-458-6271	
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Representing Parents

Hannah Fulks	Parent	660-458-6271	
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Representing Students

Rylee Higgins	Seventh grader	660-458-6271	
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Representing Community

Donna Higgins	Cafeteria	660-458-6271	
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ESTABLISHING A TIMELINE

STEP	DATE (S)		
Step 1 – Establishing a Team	Fall 2025		
	Meet and discuss	Set Goals	Measure Progress
Step 2 – Nutrition Education and Standards	Fall 25	Fall 25	4/26
Step 3 – Physical Activity	Fall 25	Fall 25	4/26
Step 4 – Other School-Based Activities	Fall 25	Fall 25	4/26
Step 5 – Publishing Your Policy	October Board Meeting		
Step 6 – Establishing an Implementation Timeline	Fall of 2025-2026 School Year		

Other Steps: (list)

DISTRICT WELLNESS POLICY

Nutrition Education and Standards

1. The Nutrition Education program meets State standards.
2. Nutrition education teaches students the skills they need to adopt healthy eating behaviors.
3. Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community, and media.
4. Nutrition education is integrated into the coordinated school health program and physical education.
5. School foodservice staff are trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.

ACTION STEPS

Nutrition Education and Standards

Policy Statement: The Nutrition Education program meets State standards.

Action Steps	Due Date
The school must meet or exceed the state standards when reviewing the menu for each month.	every month

Policy Statement: Nutrition education teaches students the skills they need to adopt healthy eating behaviors.

Action Steps	Due Date
The school shall have in place formal units of developed Instructional materials in-order-to facilitate nutrition education within P.E./Science exploratory classroom.	Once a semester

Policy Statement: Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.

Action Steps	Due Date
Newsletters, poster boards, school handbook, and menus will state the importance of good nutrition.	Throughout the School year

Policy Statement: Nutrition guidelines been established for ‘a la carte items, vending, and other foods available on the school campus.

Action Steps	Due Date
Soda will be replaced with fruit juice or water at the jr.high level.beginning of school	

Policy Statement: School foodservice staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.

Action Steps	Due Date
School foodservice staff will be required to attend at least one training in nutritional guidelines including substitution a year.	With in one calendar Year

ESTABLISHING A TIMELINE

STEP	DATE (S)		
Step 1 – Establishing a Team	Fall 25		
	Meet and discuss	Set Goals	Measure Progress
Step 2 – Nutrition Education and Standards	Fall 25	Fall 25	4/26
Step 3 – Physical Activity	Fall 25	Fall 25	4/26
Step 4 – Other School-Based Activities	Fall 25	Fall 25	4/26

Step 5 – Publishing Your Policy

October Board Meeting

Step 6 – Establishing an
Implementation Timeline

Fall of 2025-2026 School Year

Other Steps: (list)

ASSESSMENT TOOL

Nutrition Education and Standards

This tool provides a structure for reviewing the status of the District's implementation of the Wellness Policy. Enter your policy statements and check off the box which best describes the status of the policy statement.

Date of Assessment: _____

Policy Statement	On Target	Needs Improvement	Not yet Implemented
The Nutrition Education program meets State Standards.	+		
Nutrition education teaches students the students the skills they need to adopt healthy eating behaviors.	+		
Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community, and media.	+		
Nutrition guidelines been established for 'a la carte items, vending, and other foods available on the school campus.			+
School foodservice staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.	+		

POST-ASSESSMENT ACTION STEPS

Nutrition Education and Standards

Instruction: For each policy statement that is not on target, list the specific action steps to be taken to reach implementation goals.

Policy Statement: Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community, and media.

Action Steps	Due Date
Newsletters, poster boards, school handbook, and menus, will state the importance of good nutrition.	Throughout the school year

Policy Statement: Nutrition guidelines been established for ‘a la carte items, vending, and other foods available on the school campus?

Action Steps	Due Date
Snacks and ala a carte items to be nutritious and beneficial to students.	Throughout the school year.
Vending machine is no longer available.	Throughout the school year

Policy Statement: Nutritional guidelines been established for daily Kindergarten snack.

Action Steps	Due Date
Kindergarten class(es) will be provided with a healthy daily snack.	Throughout the School year

Policy Statement: Nutrition guidelines been established for classroom parties.

Action Steps	Due Date
During parties all classrooms must provide 1 healthy snack.	Throughout the School year

DISTRICT WELLNESS POLICY

PHYSICAL ACTIVITY

1. Qualified teachers are hired to teach physical education and supervise physical activities in the District.
2. Students are provided many choices of physical activity, including cooperative and competitive games.
3. District encourages physical activity outside of the school day.
4. District increases Physical Education times for students.
5. Recreational facilities are safe, clean, and accessible for all students.

ACTION STEPS

PHYSICAL ACTIVITY

Policy Statement: Qualified teachers are hired to teach physical education and supervise Physical activities in the District.

Action Steps	Due Date
Teachers will be encouraged to take the praxis to receive or maintain their teaching Certificate in the area of Physical Education.	completed

Policy Statement: Students are provided many choices of physical activity, including Cooperative and competitive games.

Action Steps	Due Date
Lesson Plans will include a variety of choices to the students	Throughout the School year

Policy Statement: District encourages physical activity outside of the school day.

Action Steps	Due Date
The school building will continue to encourage community members to rent and use The gym to host sports camps, adult volleyball leagues, etc.	Throughout the school year

Policy Statement: District increases Physical Education times for students.

Action Steps	Due Date
Physical Education times for students will be maintained at state level.	Beginning of school year

Policy Statement: Recreational facilities are safe, clean and accessible for all students.

Action Steps	Due Date
Recreational facilities will be maintained at the highest level of quality to insure safe, Clean access to our students and the public.	Throughout the School year

ASSESSMENT TOOL

Physical Activity

This tool provides a structure for reviewing the status of the District's implementation of the Wellness Policy. At the time of assessment check off the box, which best describes the status of the policy statement.

Date of Assessment: _____

Policy Statement	On Target	Needs Improvements	Not Yet Implemented
Qualified teachers are hired to teach Physical education and supervise physical activities in the District.	+		
Students are provided many choices Of physical activity, including cooperative and competitive games.	+		
District encourages physical activity outside of the school day.	+		
Physical Education classes will be increased.	+		
Recreational facilities are safe, clean and accessible for all students.	+		

POST-ASSESSMENT ACTION STEPS

Physical Activity

Policy Statements: Qualified teachers are hired to teach physical education and supervise physical activities in the District.

Action Steps	Due Date
Teachers will be encouraged to take the praxis to receive or maintain their teaching certificate in the area of Physical Education.	completed

Policy Statements: Physical Education times will be increase.

Physical Education times for students will be maintained at state level.	completed
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ACTION STEPS

Other School-Based Activities

Policy Statement:

Action Step	Due Date

ASSESSMENT TOOL

Other School-Based Activities

This tool provides a structure for reviewing the status of the District's Implementation of the Wellness Policy. At the time of assessment check off the box, which best describes the status of the policy statement.

Date of Assessment: _____

Policy Statement	On Target	Needs Improvement	Not Yet Implemented	Due Date
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POST-ASSESSMENT ACTION STEPS

Other School-Based Activities

Policy Statement:

Action Steps	Due Date
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Wellness Policy Resolution

The Moniteau County R-V school district is committed to providing a school environment that enhances learning and development of lifelong wellness.

Whereas, the Child Nutrition Programs comply with federal, state, and local requirements.

Whereas, Child Nutrition Programs are accessible to all children;

Whereas, sequential and interdisciplinary Nutrition Education is promoted and provide;

Whereas, patterns of meaningful physical activity connect to students' lives outside of physical education;

Whereas, all school-based activities are consistent with local wellness policy Goals;

Whereas, all foods and beverages made available on campus (including

**Vending, concessions, a la carte, student stores, parties, and fundraising)
During the school day are consistent with the current Dietary Guidelines
For Americans;**

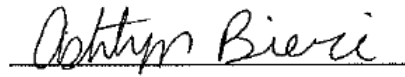
**Whereas, all foods made available on campus adhere to food safety and
Security regulations;**

**Whereas, the school environment is safe, comfortable, pleasing, and allows
Ample time for eating meals. Food and/or physical activity is not used as a
reward or punishment.**

**Be it resolved on the 21st day of October, 2025 by the Moniteau County R-V Board
of Education.**

A handwritten signature in cursive script, reading "Donna Higgins", written over a horizontal line.

President, Board of Education

A handwritten signature in cursive script, reading "Ashlyn Bierci", written over a horizontal line.

Secretary, Board of Education

Adapted from the School Nutrition Association, 10/2025