Thank you for your time in completing this survey. For questions, comments, or to provide feedback on this survey, please contact Molly Stenberg, Montana Team Nutrition, Montana State University, Bozeman at (406) 994-7217 or by email at stenberg@montana.edu.

Montana School District Wellness Policy Report (district level) Directions and tips for easy survey completion:

We suggest that you review the entire document to become familiar with the information requested in each section before completing it electronically. Click here for a copy of the assessment.

It may be helpful to have a copy of the:

- School district's wellness policy and implementation/action plan for reference while completing the survey, an Recent school board or wellness committee meeting minutes that approved or revised the policy. They can be uploaded to the survey.
- Once you start entering data, you can save and update the survey as often as needed. Please use the same computer when completing it in multiple settings so you can save and return to the survey. It is “computer sensitive” in that it can’t be accessed by users on different computers.

When you have completed this report to your satisfaction, press the 'Submit' button. Thank you for your commitment to school wellness and creating a healthy school environment.

Please contact Molly Stenberg, Montana Team Nutrition, Montana State University if you need further clarification: stenberg@montana.edu or (406) 994-7217.

Select the school year:

2026-2027

Please provide the following:

Date of completion:	09/29/2026
Name of person completing the form:	Tara Zeimer
Email address for the person completing the form:	tzeimer@wibauxschool.net
School District Wellness Coordinator name:	Anna Harrell
Email address:	akharrell@wibauxschool.net
Telephone number:	406-796-2518

County and School District

County: Wibaux

School District: Wibaux K-12 Schools

I have another district to add.

- ○ Yes
- ◉ **No**

School Wellness Policy Review and Reporting to the Public

Please provide the following information:

Date that this policy was adopted or last reviewed by the local school board members:	08/11/2026
Most recent date that the board members received a progress report on the policy's implementation plan:	08/11/2026
Most recent date that the parent association(s) received a progress report on the policy's implementation plan:	08/12/2026

Attach a copy of the report or meeting minutes:

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MUDl_zaltQN5Uaq1eGifhwcCxummqBNW2zTv46iKj4qpypC2jwDovdsM5ZK2kDSa1alRtJL
mAzK71TEMOwzyWR5NE0_kZOJ8Dxywg%3D%3D.pdf

0.1 MB

application/pdf

The school wellness assessment report is posted on the district website.

- ○ Yes
- ◉ **No**

Please provide the website link for the report:

Stakeholder Input for the School Wellness Policy:

A School Wellness or Health Committee is recommended to ensure that key school and community stakeholders provide input to the development, implementation, and assessment of the wellness policy. This committee may be a stand-alone council or be a sub-committee of an existing committee (i.e. school improvement/safety committee).

Please include a list of the positions (or roles) and their names that serve on the committee (*recommended members).

School Administrator*:	Anna Harrell
School Food Service*:	Rona Barnaby
Health Enhancement Teacher*:	Karina Dale
School Nurse/Health Professional*:	Karina Dale
Parent*:	Tara Zeimer
Community Representative*:	Carly Kahl
Family and Consumer Science Teacher:	
School Board Member:	Josh Wirtzfeld
Student:	Bailee Wirtzfeld
Other:	Dara Miske-Title I teacher

Please provide the following information:

Name of Chairperson:	Anna Harrell
Phone:	406-796-2518
Email	tzeimer@wibauxschool.net
How often does the committee meet during the school year?	2

Maintaining Good Communication with School Staff

Select the steps the district has taken to ensure that the staff within each school in the district is aware of the wellness policy's goals and the details of the implementation plan. (Select all that apply.)

- [ ] A person at each school is designated to keep the staff informed on wellness goals, specific procedures, activities, or projects. This step is in addition to having a person within the district coordinate the school wellness policy.
- [x] **The school wellness implementation plan is reviewed with all principals to review with staff members each year.**
- [x] **The school wellness implementation plan or report is reviewed and updated by the district wellness committee each year.**
- [x] **The school wellness plan and/or report are posted on the school website and information is shared at an annual board meeting and at staff meeting.**
- [x] **Information on the school wellness policy and implementation plan is listed in school newsletters, parent handbooks, and/or publications distributed to parents and school staff.**
- [x] **Information on the school wellness policy is posted on the school district website and/or through the district's social media site.**
- [ ] Other (Please specify.)

Maintaining Good Communication with Students, Parents and Community Members

Select the steps the school district has taken to ensure students, parents, and community members are kept informed about the wellness policy's goals and the specific procedures, activities, or projects. (Select all that apply.)

- [x] **An annual report on the progress of the school wellness policy plan is given at a school board meeting.**
- [x] **Information on the school wellness policy and implementation plan is listed in school newsletters, parent handbooks, and/or publications distributed to parents and school staff.**
- [x] **Information on the school wellness policy is posted on the school district website and/or through the district's social media site.**
- [ ] Other (Please specify.)

Assessment of the District Level School Wellness Policy Implementation Plan:

The district's implementation plan puts the school wellness policy into action throughout the entire district.

The plan can be created by: reviewing the overarching goal for each of the five school wellness areas: 1) nutrition guidelines, 2) nutrition education, 3) nutrition promotion, 4) physical activity, and 5) other school wellness topics that support student wellness.

Rate your district's progress on each objective listed under the 5 school wellness area goals. Rate each objective as Met, Not Met, In Progress, or Not Applicable.

Goal 1 - Nutrition Guidelines

In order to meet this overarching goal for Nutrition Guidelines, the district will influence the development of healthful life-long eating behavior in students by making the healthy choice the easy choice. It will achieve this by ensuring that nutrient-rich foods and beverages consistent with the Dietary Guidelines for Americans and USDA's Choose My Plate (choosemyplate.gov) are readily accessible on school campus. The District will follow nutrition guidelines for all foods sold on campus during the school day to promote student health and academic performance while taking steps to reduce childhood obesity.

The District can achieve this goal by completing a variety of objectives as listed below. Please rate each objective using the following scale (1-4).

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
1. School nutrition manager is a certified food handler (as documented by ServSafe training).	◉	○	○	○
2. School nutrition program staff regularly receive professional development through attending annual statewide or regional conferences.	◉	○	○	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
3. School meals are planned in accordance to the USDA's nutrition standards as set by the 2010 Healthy Hunger Free Kids Act for the National School Breakfast, Lunch, or Summer Foodservice Programs.	○	○	◉	○
4. The district is meeting the USDA Smart Snack rule throughout the school campus during the school day. This includes foods sold in student stores, vending machines, a la carte programs, and fundraisers.	○	○	◉	○
5. The district is procuring local or regionally grown foods in their school meal programs.	◉	○	○	○
6. The district is promoting non-food student rewards and/or if foods or beverages are used as student rewards, they are nutrient-rich and are consistent with the USDA's Choose MyPlate guidelines. Food is not used as a reward or incentive in the classroom; staff do not withhold mealtime as a punishment method for students.	○	○	◉	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
7. The district promotes nutrient-rich food and beverages in classroom celebrations and/or promotes non-food activities, such as fun physical activities.	◉	○	○	○
8. The district ensures that food-based fundraisers held during the school day meet the USDA's Smart Snack rule guidelines.	○	○	○	◉
9. The district ensures the nutrition guidelines are met in the After School Snack Program, the Fresh Fruit and Vegetable Snack Program, and the Summer Feeding Program.	◉	○	○	○
10. The school promotes drinking water by improving access to free, safe drinking water in varied locations of the school (including the cafeteria) and through education and encouragement by staff.	◉	○	○	○

Do you have an objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress.

Do you have another objective that wasn't listed above? If so, please list it and rate progress using following scale: 1 = Met, 2 = Not Met, 3 = In Progress.

Goal 2 – Nutrition Education

In order to meet the overarching goal for Nutrition Education, the district will influence the development of healthful lifelong eating behaviors in students through nutrition education and nutrition promotion. Nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to adapt health-enhancing behaviors. Nutrition education will be incorporated as much as possible into the school day.

The district can achieve this goal by completing a variety of objectives, as listed below. Please rate each objective as Met, Not Met, In Progress, or Not Applicable.

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
1. The district strives to achieve the recommendations of Nutrition Education by Grade Level.	◉	○	○	○
2. The district teaches students nutrition education using resources based on up-to-date, scientifically-based nutrition information consistent with the Dietary Guidelines for Americans and USDA's Choose MyPlate.	◉	○	○	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
3. The district implements a Farm to School program (a program that purchases local or regional food for school meal programs, uses a garden-based curriculum with students, and includes community connections to agriculture) to provide nutrition education and promotion.	◉	○	○	○
4. The district utilizes school cafeterias as a learning laboratory to allow students to apply critical thinking skills in making menu selections.	○	◉	○	○
5. The district encourages student engagement in nutrition education through student mentoring activities or projects and the implementation of programs such as Fuel Up to Play 60 or other programs.	○	○	◉	○
6. Nutrition education is delivered by staff who are adequately prepared and who participate in professional development activities in order to deliver effective instruction.	◉	○	○	○

Do you have an objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress.

Do you have another objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress.

Does your health education curriculum address all of these essential topics on healthy eating? After reviewing the following list of healthy eating topics, choose the option that reflects your response.

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with low amounts of added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to take steps to achieve the personal goal to eat

healthfully
- Resisting peer pressure related to unhealthy eating behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

- (●) **3 = Yes, addresses all of these topics**
- ( ) 2 = Addresses most of these topics
- ( ) 1 = Addresses some of these topics
- ( ) 0 = Addresses one or none of these topics, or there is no health education curriculum

Goal 3 - Nutrition Promotion

In order to meet the overarching goal for Nutrition Promotion, the district will influence the development of healthful lifelong eating behaviors in students through nutrition promotion. Nutrition promotion messages are targeted to a specific audience (students, staff, parents, or the community) to motivate them to take action. Nutrition promotion will be incorporated as much as possible into the school day.

The district can achieve this goal by completing a variety of objectives, as listed below. Please rate each objective as Met, Not Met, In Progress, or Not Applicable.

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
1. The district promotes nutrition through enhancing the cafeteria with the addition of posters, displays, bulletin boards and/or food/nutrition/health-related artwork from students.	◉	○	○	○
2. The district promotes water and calcium-rich milk intake by making them readily available during the school day.	◉	○	○	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
3. The district promotes nutrition through the sales of healthy snacks and beverages in multiple ways through foods sold in vending machines, student stores, concession stands, and afterschool school snack bars.	○	○	◉	○
4. The signage displayed throughout the school campus promotes nutrient-rich foods and beverages as much as possible as evidenced in vending machines, scoreboards, and signs posted in the cafeterias.	○	○	○	◉
5. The district promotes nutrition through the use of non-food rewards or healthy food rewards.	○	○	◉	○
6. The district encourages staff and parents to plan classroom celebrations that include healthy foods/beverages and limit foods and beverages with high sugar and fat contents.	◉	○	○	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
7. The district encourages staff to be role models for health and exhibit a positive outlook toward healthy behaviors through offering staff wellness activities.	◉	○	○	○
8. The district implements Smarter Lunchroom techniques in cafeterias to motivate students to make healthful selections during the school lunch or breakfast meal.	◉	○	○	○
9. The district implements a Farm to School program (this program increases local or regional food procurement, uses a garden-based curriculum with students, and includes community connections to agriculture) to provide nutrition education and promotion.	◉	○	○	○
10. The district implements fundraising projects that promote nutritious choices and includes foods from one of the five food groups of the USDA's Choose MyPlate meal guidance system.	○	○	○	◉

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
11. The district promotes nutrition to parents, families, and the community through sharing information on school menus, newsletters, websites, and social media, in addition to food/nutrition/health-related classroom projects, school events, or activities.	◉	○	○	○
12. The district strives to only allow marketing and advertising of foods and beverages that meet the USDA's Smart Snack nutrition standards.	○	○	○	◉

Do you have an objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress.

Do you have another objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress.

Goal 4 – Physical Activity

In order to meet the overarching goal for Physical Activity, the district will provide opportunities for every student to develop the knowledge and skills for specific physical activities to maintain physical fitness and to obtain health education that instills an understanding of the short and long-term benefits of a physically active and healthy lifestyle. Activities will be designed to meet the needs, interests, and abilities of all students.

The district can achieve this goal by completing a variety of objectives, as listed below. Please rate each objective as Met, Not Met, In Progress, or Not Applicable.

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
1. The district ensures that all students in grades K-12 receive daily health enhancement (or its equivalent of 150 minutes per week for elementary students; 225 minutes per week for middle and high school students) for the entire school year. Students with disabilities, special healthcare needs, and those in alternative education settings are included.	○	○	◉	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
2. The district ensures that students spend at least 50% of health enhancement class time participating in moderate to vigorous physical activity.	◉	○	○	○
3. The district ensures that the health enhancement curriculum demonstrates progression and sequence and is consistent with the Montana and/or National Physical Education standards for kindergarten through Grade 12.	◉	○	○	○
4. The district ensures health enhancement is taught by certified health/physical education teachers.	○	○	◉	○
5. The district ensures that class teacher-to-student ratios in health enhancement classes are equivalent to those of other subject areas in the school.	◉	○	○	○
6. The district ensures that student participation in other activities involving physical activity (e.g. interscholastic or intramural sports) is not substituted for meeting the health enhancement requirement.	◉	○	○	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
7. The district ensures that all elementary students have at least 20 minutes a day of supervised recess, preferably outdoor, during which students are encouraged (verbally and through provision of space and equipment) to engage in moderate to vigorous physical activity.	◉	○	○	○
8. The district discourages extended periods of inactivity, (defined as two hours or more) through giving students recess time or periodic breaks during days when school-wide testing is scheduled.	◉	○	○	○
9. Teachers and other school personnel do not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or academic performance.	○	○	◉	○
10. The district offers an extracurricular physical activity program (i.e. clubs or intramural programs).	◉	○	○	○
11. The district offers interscholastic sports programs.	◉	○	○	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
12. Before and after school program(s) provide and encourage daily periods of moderate to vigorous physical activity for all participants.	○	○	○	◉
13. The district provides training and ensures teachers implement short activity breaks to increase daily physical activity and enhance classroom instruction.	◉	○	○	○
14. The district collaborates in efforts that utilize family and community involvement to increase physical activity opportunities for students.	◉	○	○	○

Do you have an objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress.

Do you have another objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress.

Goal 5 – School Wellness

In order to meet the overarching goal for School Wellness, the district will strive to create a school environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity, and contributes to forming healthy lifelong habits for students and staff.

Schools can achieve this goal by completing a variety of objectives, as listed below. Please rate each objective as Met, Not Met, In Progress, or Not Applicable.

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
1. District staff strives to create comfortable cafeterias by ensuring adequate time to eat for mealtime (breakfast minimum 10 minutes seat time for students; lunch minimum 20 minutes seat time). Seat time is defined as time students have to eat their meal (not time spent in line).	◉	○	○	○
2. The district implements a recess before lunch schedule to promote a relaxed eating environment, improved food and milk consumption, and decreased food waste.	○	◉	○	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
3. The district partners with school parent organizations to promote student wellness.	○	○	○	◉
4. District staff and school parent organizations strive to offer healthful choices at concession stands at school sponsored events (sports, music, art, etc.).	◉	○	○	○
5. The district implements innovative practices to increase school breakfast participation, such as breakfast in the classroom or grab and go breakfast service.	◉	○	○	○
6. The district implements innovative Smarter Lunchroom practices (behavioral economics) to increase the number of students making healthful choices.	○	○	◉	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
7. The district implements a Farm to School program through making efforts to competitively purchase local or regional food products; and/or include garden-based nutrition education; and/or community connections with farmers or ranchers in the area.	◉	○	○	○
8. The district works with community leaders so that school facilities can be used by community organizations or agencies outside of school hours to increase physical activity opportunities for students and their families.	◉	○	○	○
9. School administration works together with local public leaders to make it safer and easier for students to walk and bike to school.	◉	○	○	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
10. School administration encourages professional development opportunities for teachers, administrators, and other staff on nutrition education, physical activity, and health enhancement and the link between nutrition/activity on students' academic performance and behavior.	◉	○	○	○
11. School administration offers an annual training session on school wellness strategies to staff, teachers, and school administrators.	◉	○	○	○
12. School administration and staff partner with community groups to promote nutrition, physical activity, and wellness to students, staff, and families.	◉	○	○	○
13. School administration has a well-rounded multi-component school employee wellness policy that clearly identifies strategies to promote healthy eating, physical activity, and overall wellness among school staff.	◉	○	○	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
14. School administration provides staff opportunities to participate in physical activity programs and increase physical activity during the school day and outside of school. Example programs could include allowing flexible work schedules to give employees time to exercise, allowing walking meetings, offering fitness classes and equipment on-site, and promoting free and low-cost recreation activities with the help of community partners.	◉	○	○	○
15. School administration provides staff opportunities to participate in nutrition programs. Example programs could include promoting a healthy recipe exchange between staff to create a recipe book, providing healthy cooking and meal planning classes for employees and their families, and providing classes on managing diabetes and other nutrition-related diseases.	○	◉	○	○

	1. Met	2. Not Met	3. In Progress	4. Not Applicable
16. School administration provides private rooms and flexible scheduling for breast feeding and milk pumping and on-site refrigerated storage.	◉	○	○	○
17. School administration promotes health screenings and provides resources to employees on different types of screening available.	◉	○	○	○
18. School administration promotes tobacco cessation programs to its employees, such the Montana Tobacco Quit Line or other cessation services. Employees receive a discount on insurance for being tobacco-free.	○	◉	○	○

Do you have an objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress.

Do you have another objective that wasn't listed above? If so, please list it and rate progress using the following scale: 1 = Met, 2 = Not Met, 3 = In Progress.

Action Plan for Meeting a School Wellness Goal

1. Identify one goal area you would like to work on during this school year.

Nutrition Education

In order to meet this goal, please write the objective (one you rated a 2 or a 3) that will be worked on:

The district encourages student engagement in nutrition education through student mentoring activities or projects and the implementation of programs such as Fuel Up To Play 60 or other programs.

Develop an action plan for meeting this objective by completing Steps 2, 3, and 4 below. These steps include listing the action steps, evaluation plan, timeline, and persons responsible for meeting the objective in the wellness area.

Step 2 Action Plan for Yearly Goal

Please list the action plan steps you will undertake to meet this objective. Action step(s) include:

Dara will reach out to the ACS office to see if someone would like to come do the presentation about beef and other foods that we have had in the past. Karina has a slide show she will be presenting to students regarding the affects caffeine intake has on a person. Tara and Anna will be looking into the Fuel up to Play 60. We are also going to try to make some changes about how students choose their monthly menu.

Step 3 Evaluation Plan for Goal

Please write the evaluation plan to ensure the objective is met.

We are going to invite someone in to do a presentation about where some foods come from. We have some nutrition information regarding the effects of caffeine that will be presented to students. We will look into the Fuel up to Play 60 more.

Step 4 Timeline and Persons Responsible for the Goal

Please list the timeline and person(s) responsible for the goal to ensure the objective is met.

Throughout the year. The entire committee.

Additional Information

If applicable, include additional information that is pertinent to your school wellness policy.

Please review all of your answers to the report. Use the previous on the bottom of the page to go back to questions and make any changes.

Please click the 'Submit' button to submit the report. You will then be able to download a pdf file for your records. Be sure to share this report with the public (i.e. staff, parents, students) by posting it on your website or at a board meeting or newsletter. Thank you.

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