

MPV Wellness

Triennial Needs Assessment 2022-2023

The purpose of the needs assessment is to determine and address the needs or gaps between what is currently in place and what are our desired goals in our Wellness Plan. This triennial needs assessment will focus on the following: nutrition and physical activity. After reviewing, we will set goals to meet the identified needs and implementation into our plan.

Data Collection

Student Survey
School Health Index
BMI
Wellness Committee Checklist
Model Wellness Policy

Current Condition

Nutrition

- Interventions
 - Offer vs Serve
 - Follow USDA Guidelines
 - Vending List Approval
 - Follow 9 Exceptions to Food Events
 - Fundraising Approval follows Smart Snack List
 - Nutrition Curriculum is taught at all levels
 - Special Guests Programs

Physical Activity

- Interventions
 - ADE Guidelines for Physical Activity
 - After School Program Incorporation of Various Physical Activities
 - Physical Activity Incentives
 - Brain breaks within the classroom

Community/Parent Involvement

- Interventions
 - Wellness Committee Meetings

2019-2020 Data Statement	2022-2023 Data Statement
<p>Student Surveys</p> <ul style="list-style-type: none"> -37% of students participate in physical activity 3 or more days a week -35% of the students watch TV and/or play video games 1 to 3 hours per day -62% ate breakfast on the day they were surveyed -School cafeteria lunches were rated healthy by 63% of the students -The majority of students reported their overall mood as happy or excited <p>Suggestions for lunch:</p> <ul style="list-style-type: none"> -more chicken nuggets and pizza -more variety -more student input or choice 	<p>Student Surveys (160 surveys completed)</p> <ul style="list-style-type: none"> -23% of students participate in physical activity 3 or more days a week -44% of the students watch TV and/or play video games 1 to 3 hours per day -72% ate breakfast on the day they were surveyed -School cafeteria lunches were rated healthy by 64% of the students, 9% rated very healthy -The majority of students reported their overall mood as happy/excited (36%) with frustration/stress (18.5%) being second. <p>Suggestions for lunch:</p> <ul style="list-style-type: none"> -dessert with lunches -more vegetables -ice cream
<p>Key Findings</p> <p>There was a decrease in the percentage of students participating in physical activity 3 or more days per week. There was an increase in the percentage of students watching TV or playing video games 1-3 hours per week. Students will continue to be encouraged to exercise more and eat healthier not only in the school environment, but also in their home environment. There was an increase in the percent of students eating breakfast on the day they were surveyed up from 62% the 72%.</p>	
<p>School Health Index</p> <p>Mulberry High School- Acceptable range in every module except health promotion for staff</p> <p>PV Campus- Acceptable range in every module except health promotion for staff (a few outliers indicate some low areas)</p> <p>Marvin Elementary- Acceptable range in every module except health promotion for staff</p>	<p>School Health Index</p> <p>Mulberry High School- Acceptable in all modules, family engagement and community involvement were high medium</p> <p>PV Campus- Low in school health services, medium in nutrition environment and services, employee wellness and health wellness and family engagement, high in all other categories</p> <p>Marvin Elementary- medium in physical education and community involvement, high in all other categories</p>
<p>Key Findings</p> <p>The SHI reports for each building identified unique areas of focus specific to the building. The District Health and Wellness Committee will support each building with modules identified as low to medium range.</p>	
<p>BMI</p> <p>The data we do receive from the BMI reports was 59.7% healthy or underweight males, 40.3% obese. For the females, 57.1% healthy or underweight, 42.9% obese.</p>	<p>BMI</p> <p>The data we do receive from the BMI reports was 59.7% healthy or underweight males, 40.3% obese. For the females, 57.1% healthy or underweight, 42.9% obese. The</p>

	only data available in the BMI portal is 2018-2019. We are waiting for updated BMI reports.
<p>Key Findings</p> <p>Any kind of comparison from year to year cannot be done accurately because of our low population and the software will not allow us to compare. Discussion at the September Wellness meeting will be geared around how to use BMI as an indicator to use for the needs assessment.</p>	
<p>Model Wellness</p> <p>Triennial needs assessment was done in 2017 and wellness policies were updated according to the assessment and should be meeting all requirements for Health and Wellness</p>	<p>Model Wellness</p> <p>Triennial needs assessment was done in 2020 and wellness policies are in compliance according to the assessment and should be meeting all requirements for Health and Wellness. No updates needed.</p>
<p>Key Findings</p> <p>Policy was updated in 2017 and aligned to regulations required. No updates to policy required at this time.</p>	
<p>Wellness Committee Checklist</p> <p>Checklist was used to document federal requirements. All requirements were met in our policy except required professional development.</p>	<p>Wellness Committee Checklist</p> <p>Checklist was used to document federal requirements. All requirements were met in our policy except required professional development.</p>
<p>Key Findings</p> <p>Plan for professional development on Health and Wellness, as well as ensure students receive nutrition education.</p>	

Recommendations for Programs Planning

Our school district will continue to provide free breakfast and lunch, which results in a larger participation in student healthy eating. During COVID-19, our district continued to deliver and provide healthy, hot meals to students and families at home. During the month of June this summer, our school district will continue to provide a free breakfast and lunch for any district students who would like to participate. Buses are delivering all meals to families to follow social distancing guidelines. For the 20-21 school year, we will continue to focus on taste testing, food presentation, embedded nutrition instruction. To promote staff health, we implemented a Biggest Loser contest and planned a Health and Wellness fair for August Back to School Bash if guidelines for schools allow large gatherings. During the city's annual Edamame Festival, our district will continue to sponsor information booths and partner with community members. During the school year the committee will focus on additional activities for our staff members. Additional BMI assessments for the 20/21 school year will be discussed in order to address the lack of BMI data that can be used for comparison. Overall, the committee is pleased with the progress we have accomplished to this point. We have all required members of the committee in attendance at meetings and have good collaboration with the community pertaining to the implementation of the community garden and in "Growing a Healthier Mulberry." Due to school closures, the committee was unable to meet in the spring and will reconvene in the fall as social distancing guidance allows.