



## Wellness Policy Triennial Progress Report December 2025

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 386, here:

[https://mwmacademy.org/policies\\_and\\_guidelines](https://mwmacademy.org/policies_and_guidelines)

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	Chef Rick does an excellent job of preparing food from real ingredients, varying menus, and enticing students toward healthy options.
Nutrition: Water	Compliant	The school has drinking fountains with water bottle filling capacity readily available to students.
Nutrition: Competitive Foods & Beverages	Compliant	The school does not promote unhealthy foods that compete with nutritious school lunch options.
Nutrition: Celebrations & Rewards	Compliant	Elementary classrooms are solid on birthday walks and celebrations that preclude treats (aside from the 3 “treat inclusive” holidays). [Note: there are occasional problems in MS with teachers not holding the boundary.]
Nutrition Promotion	Compliant	The school promotes healthy food and beverage choices and encourages participation in school meal programs.
Nutrition Education	Compliant	Feedback indicates that teachers are covering nutrition topics in elementary classes.
Nutrition Topics in Health Education	Compliant	MS Health class covers more than 10 of the topics listed.
Nutrition: Food & Beverage Marketing in the School	Compliant	We have set a boundary on not having vending machines at the school and do not base activities/advertise around unhealthy foods.
Physical Activity: PE	Approaching compliant	Compliant except that in the winter, indoor space is limited and gym time is a constraint. Currently, elementary classes have a 30-minute period in the gym each week for PE, not 40-60 minutes.
Physical Activity Topics in Health	Compliant	MS Health class covers more than 10 of these topics; additional topics are also covered in Middle School PE classes.

Physical Activity: Recess	Compliant	An extra 10 minutes was added to elementary recess schedule this year. [One item of note is to check on hand sanitizer refilling in the lunch room.]
Physical Activity: Classroom Breaks	Compliant	Teachers implement yoga breaks as well as “brain breaks” for movement or sensory input.
Physical Activity: Active Academics	Compliant	Teachers use instructional activities such as “choose a corner of the room” for your answer. Kindergarteners learn letter shapes with their bodies, etc.
Physical Activity: Before & After School Activities	Compliant	The aftercare program focuses on movement, utilizing outdoor spaces and the gym and minimizing screen time.
Physical Activity: After-School Clubs	Compliant	Clubs and activities include active options such as Soccer Shots, TaeKwonDo, and yoga.
Physical Activity: Active Transport	Compliant	The school encourages walking and biking to school with a walk list, bike rack, and a SNAP (Student Neighborhood Access Program) plan is posted on the school website.