



DVUSD Wellness Policy Report Activity and Assessment Tool 2018-2019










Wellness goals **met** this school year:

- ✓ All DVUSD schools completed ADE's Activity and Assessment Tool.
- ✓ All DVUSD schools are Team Nutrition Schools.
- ✓ All DVUSD schools provide formal, age-appropriate physical education.
- ✓ All DVUSD schools participate in the National School Lunch Program.
- ✓ All foods and beverages served in K-8 schools are Smart Snack Compliant.
- ✓ Twelve DVUSD schools host a school garden.



Wellness goals DVUSD is **working on**:

-  97% of DVUSD schools offer at least one taste test per school year (up from 80%).
-  74% of DVUSD schools incorporate physical activity breaks throughout the day.
-  71% of DVUSD schools offer activity focused events (fun run, walk a mile, bike to school).
-  53% of DVUSD schools offer nutrition education within their core classes.
-  47% of DVUSD schedule some or all of their lunches to follow recess.
-  42% of DVUSD schools provide an annual health/wellness fair/booth.
-  39% of DVUSD schools promote non-food fundraisers.

55%

of schools provide information to families about the benefits of, and approaches to, healthy eating and physical activity.



42%






of schools have a wellness policy lead (separate or in conjunction with the Wellness Champion role).









34%

of schools have a wellness committee (School Health Advisory Committee - SHAC).

Top wellness policy implementation barriers:

-  Not enough time
-  Limited support from staff/admin.
-  Staff pulled in too many directions
-  Wellness goals compete with tradition
-  Lack of resources

Schools **across the country** promote wellness by:

-  Engaging in nutrition promotion efforts that encourage healthy food choices.
-  Providing nutrition education as part of the k-12 curriculum.
-  Requiring elementary students receive 150 minutes and secondary students receive 225 minutes of PE each week, as part of a standards-based curriculum.
-  Providing opportunities for physical activity breaks for all students (and staff) during the school day.
-  Encouraging school staff to model healthy eating and physical activity behaviors.
-  Providing ongoing training and professional development opportunities for all school staff.

⇒ Each school's completed Activity and Assessment Tool can be found at www.dvusd.org — select the chef's hat and choose "district assessment" below the wellness tab. Additional wellness resources are also available within the Wellness tab.

⇒ Are you passionate about health and wellness? The district Wellness Policy Committee is actively recruiting new members to be a wellness advocate for DVUSD! Teachers, administration, health professionals, food services staff, parents, students, and community members are welcome!