



2017 - 2018 Wellness Policy Report

Deer Valley Unified School District



Our Wellness Goals



We met these goals:

- ✓ DVUSD posts school meal menus on the district website: www.dvUSD.org
- ✓ **Out of the 36 of 38 DVUSD schools that completed the survey:**
 - **100%** ensure that their grounds and facilities are safe and that equipment is available to all students to be active.
 - **100%** incorporate at least seven Smarter Lunchroom techniques in their cafeterias.
 - **100%** of physical education teachers participate in professional development at least once a year.
 - **100%** encourage participation in school meal programs.
 - **100%** provide formal, age-appropriate physical education, consistent with national and state standards.

We are still working on these:

- ✘ By school year 2019-2020, the goal is for all schools to have a wellness lead. Each of the schools participating in the Leaders for School Wellness Subgrant currently have a wellness lead.
- ✘ Five schools in the district have active vegetable garden beds. The goal by 2019-2020 is to have ten schools with gardens.
- ✘ 80% of schools in the district offer a taste test at least once a year. The goal by 2020 is for 100% of schools to provide one taste test per school year.
- ✘ Less than half of the schools in the DVUSD have a health/wellness fair. The goal by 2020 is to have 65%.
- ✘ Less than 40% of DVUSD schools incorporate nutrition education into their core classes. The goal by 2020 is to have over 50%.

District Wellness Committee

Actively recruiting! Parents, students, teachers, and administrators are welcome!

- ✓ **Meets** 4 times/yr to discuss school health & safety
- ✓ **Led by** Nona Dasenbrock, RDN, Food and Nutrition Coordinator
- ✓ **Includes** a district Wellness Specialist to help schools navigate the wellness policy guidelines

Current members include: Food and Nutrition Director and Coordinator, District Wellness Specialist, food service staff, community members, health professionals.
Contact Danielle.Anderson@dvusd.org if interested!



Our District Wellness Policies

- ☞ All DVUSD schools participate in the National School Breakfast and Lunch Programs.
- ☞ All DVUSD schools are Team Nutrition Schools.
- ☞ All DVUSD schools serve lunches that meet the meal pattern requirements for fruits, vegetables subgroups, whole-grain rich foods, meat/meat alternates, and two varieties of milk.
- ☞ DVUSD has a wellness policy committee that meets four times per year.
- ☞ DVUSD has a wellness specialist on staff to facilitate the development and compliance of the wellness committee.

Planning, Tracking, & Sharing

- ☞ Parent outreach video for the Wellness Policy Committee is available on the district website: www.dvUSD.org
- ☞ Staff outreach video for the Wellness Policy Committee is available on the district website: www.dvUSD.org
- ☞ The DVUSD [wellness policy](#) is available on the district website: www.dvUSD.org
- ☞ This infographic available on the district website: www.dvUSD.org informs families, staff, and the public or our progress on the wellness policy.
- ☞ All DVUSD schools complete a [Wellness Policy Activity and Assessment Tool](#) annually to gauge school and district progress.
- ☞ DVUSD reviews wellness policy compliance once every three years.

