



Mirage Elementary Wellness Policy Report 2018-2019



Wellness goals **MET** this school year:

Nutrition

- ✓ Participation in meal programs is promoted to families at school.
- ✓ At least 10 Smarter Lunchroom Techniques are implemented.
- ✓ Fourth and fifth grades received monthly nutrition education lessons.
- ✓ Four vegetable sub-group taste tests were conducted.
- ✓ In-class food demonstrations were provided by Executive Chef Cory Oppold (partner with the Blue Watermelon Project).
- ✓ Maricopa County community partnership provided nutrition education to first grade.

Physical Activity

- ✓ Students are moderately to vigorously active 50% of class time during P.E. sessions.
- ✓ Students receive formal, age-appropriate P.E. sessions.
- ✓ Physical activity is not used or withheld as punishment for any reason.

Outreach/Staff Well-Being

- ✓ Families receive information about health promotion efforts.
- ✓ School promotes staff participation in health promotion programs.
- ✓ The benefits of and approaches to healthy eating and physical activity are promoted throughout the school year.
- ✓ School hosts a health/wellness fair/booth.



School Wellness Lead:

Shanea Miles



Wellstyles Employee Wellness

Champion: Shanea Miles



School Health Advisory

Committee: Yes

Wellness goals **in progress:**



K-5 students receive at least two recess periods on all days of the school year.

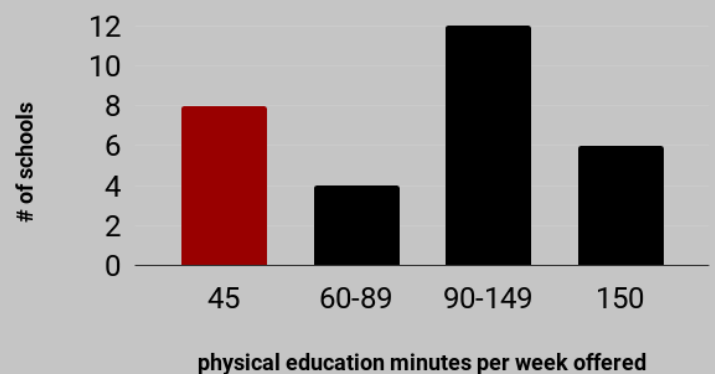


School Wellness Committee (SHAC) discusses wellness, disseminates resources, and supports other areas of staff wellness.



Teachers incorporate movement and kinesthetic learning approaches into “core” subjects whenever possible to reduce sedentary behavior during the day.

DVUSD K-5 Physical Education Minutes Per Week



* 150 minutes per week is the national recommendation. Red bar represents P.E. minutes offered at Mirage.



⇒ 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.