



# Park Meadows 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.

### Physical Activity

- ✓ Teachers incorporate movement and kinesthetic learning approaches into “core” subjects whenever possible to reduce sedentary behavior during the day.
- ✓ 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.
- ✓ K-5 students receive at least two recess periods on all days of the school year.

### Outreach/Staff Well-Being

- ✓ Families receive information about health promotion efforts.
- ✓ School promotes staff participation in health promotion programs.
- ✓ School hosts a health/wellness fair/booth.



### School Wellness Lead:

Tana Strow



### Wellstyles Employee Wellness

Champion: Ann Pham



### School Health Advisory

Committee: None

## Wellness goals **in progress**:



Periodic opportunities to be physically active or to stretch in the classroom are offered all or most days of the week.

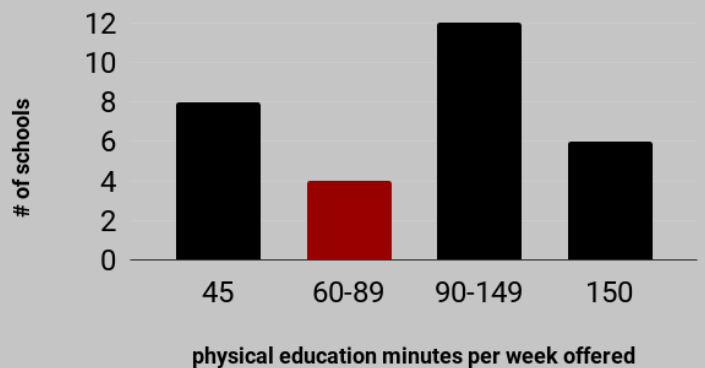


The benefits of and approaches to healthy eating and physical activity are promoted throughout the school year.



Activities promoting active transport such as walking, biking and skating to school are supported by the school.

DVUSD K-5 Physical Education Minutes Per Week



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

⇒ Each school’s completed Activity and Assessment Tool can be found at [www.dvUSD.org](http://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.