



# Village 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.
- ✓ Maricopa County community partnership provided nutrition education to first grade.
- ✓ In-class food demonstrations were provided by Executive Chef Cory Oppold (partner with the Blue Watermelon Project).
- ✓ Four vegetable sub-group taste tests were conducted.

## Physical Activity

- ✓ Periodic opportunities to be physically active or to stretch in the classroom are offered all or most days of the week.
- ✓ Students are moderately to vigorously active 50% of class time during P.E. sessions.
- ✓ Students receive formal, age-appropriate P.E. sessions.

## Outreach/Staff Well-Being

- ✓ Families receive information about health promotion efforts.
- ✓ School promotes staff participation in health promotion programs.



### School Wellness Lead:

Debbie Brown & Angela Knope



### Wellstyles Employee Wellness

**Champion:** Debbie Brown



### School Health Advisory

**Committee:** None

Wellness goals **in progress:**



Physical activity is not used or withheld as punishment for any reason.

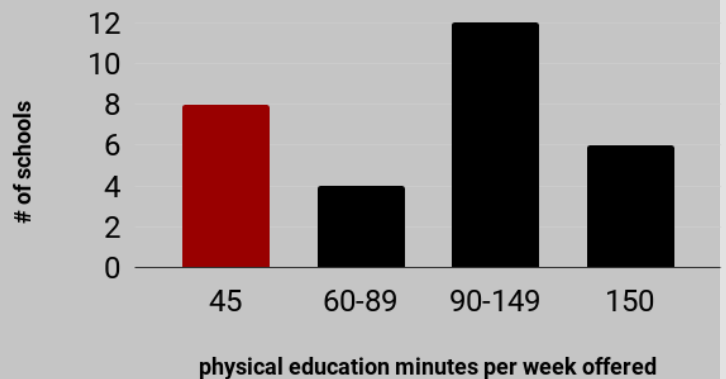


K-5 students receive at least two recess periods on all days of the school year.



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

DVUSD K-5 Physical Education Minutes Per Week



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