



Park Meadows Elementary Wellness Policy Report 2019-2020



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.
- ✓ Taste tests were provided.
- ✓ Community partnership with Maricopa County provided nutrition education to first grade students.

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.
- ✓ Physical, physiological, and social benefits of physical activity are included in the curriculum.

Outreach/Staff Well-Being

- ✓ Families receive information about health promotion efforts.
- ✓ 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.

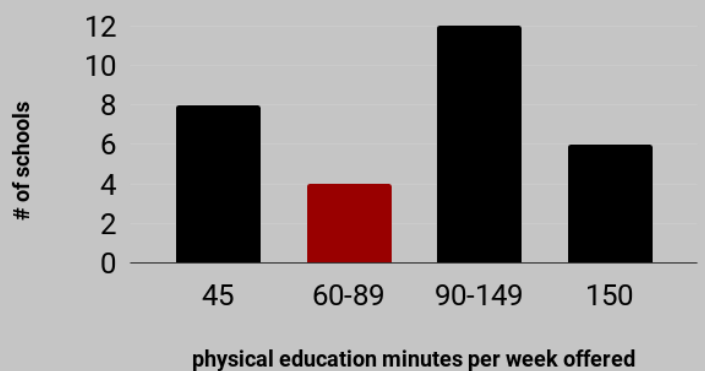


The benefits of and approaches to healthy eating and physical activity are promoted throughout the school year.



School promotes staff member participation in health promotion program.

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 — select the chef’s hat and choose “district assessment” below the wellness tab. Additional wellness resources are also available within the wellness tab.