

Wellness Plan

Findings and Recommendations

Area of Assessment: Nutrition

Findings:

- The food service program ensures that students are provided with healthy meals that meet the USDA guidelines. We strive to serve nutritious and appealing foods.
- Strongest components on WellSAT was Section 2 Standards for the USDA Child Nutrition Program & School Meals.

Recommendations:

- Continue to review & revise the Wellness Policy to align with guidelines.
- Continue to seek out foods that are appealing that meet nutritional guidelines to reach more of the student population and to increase participation.

Area of Assessment: Physical Activity/Physical Education

Findings:

- Address family and community engagement and physical activity opportunities at all schools.
- There are multiple after schools activities offered for all ages. Ex: archery, multiple sports for all ages.

Menifee County High School requires a credit for Health & PE; and offers Advanced P.E. as an elective.

Recommendations:

- Continue to review & revise the Wellness Policy to align with guidelines.
- Review physical education curriculum assuring that it is aligned with state and national standards.

Area of Assessment: Wellness Promotion and Marketing:

Findings:

- Encourage staff to model healthy eating and physical activity.

Recommendations:

- Encourage teachers to incorporate health, physical education, & wellness components.