



# DVUSD Wellness Policy Report Activity and Assessment Tool 2019-2020



## Wellness goals **met** this school year:

- ✓ All DVUSD schools completed ADE's Activity and Assessment Tool.
- ✓ All DVUSD schools are Team Nutrition Schools.
- ✓ All DVUSD schools provide formal, age-appropriate physical education.
- ✓ All DVUSD schools participate in the National School Lunch Program.
- ✓ All foods and beverages served in K-8 schools are Smart Snack Compliant.
- ✓ All DVUSD serve breakfast and lunch that meet the new meal pattern requirements.



## Wellness goals DVUSD is **working on**:

- 88% of DVUSD K-5 schools offer at least two recess periods on all days during the school year.
- 70% of DVUSD schools incorporate physical activity breaks throughout the day.
- 69% of DVUSD schools sell only Smart Snack compliant foods as part of any non-exempt fundraisers.
- 55% of DVUSD schools do not use food and beverages as a reward.
- 55% of DVUSD schedule some or all of their lunches to follow recess.
- 42% of DVUSD schools provide an annual health/wellness fair/booth.
- 27% of DVUSD schools provide nutrition education within their core subjects.

**50%** of schools provide information to families about the benefits of, and approaches to, healthy eating and physical activity.



**16%** of schools have a wellness policy lead (separate or in conjunction with the Wellness Champion role).



**32%** of schools have a wellness committee (School Health Advisory Committee - SHAC).

## Top wellness policy implementation barriers:

- Not enough time
- Limited support from staff/admin.
- Staff pulled in too many directions
- Wellness goals compete with tradition
- Lack of resources

## Schools **across the country** promote wellness by:

- Engaging in nutrition promotion efforts that encourage healthy food choices.
- Providing nutrition education as part of the k-12 curriculum.
- Requiring elementary students receive 150 minutes and secondary students receive 225 minutes of PE each week, as part of a standards-based curriculum.
- Providing opportunities for physical activity breaks for all students (and staff) during the school day.
- Encouraging school staff to model healthy eating and physical activity behaviors.
- Providing ongoing training and professional development opportunities for all school staff.

⇒ Each schools' 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.

⇒ Are you passionate about health and wellness? The district Wellness Policy Committee is actively recruiting new members to be a wellness advocate for DVUSD! Teachers, administration, health professionals, food services staff, parents, students, and community members are welcome!

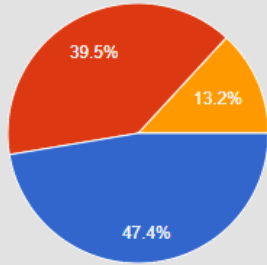


# DVUSD Wellness Policy Report

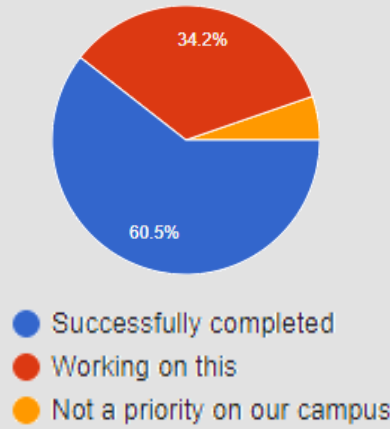
## Activity and Assessment Tool 2019-2020



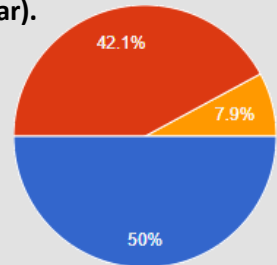
Campus leaders and staff have viewed the wellness resources available (classroom, campus, recess, fundraising, school meals, healthy meeting and staff wellness) at [www.DVUSD.org](http://www.DVUSD.org).



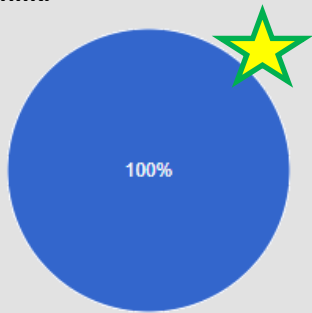
Schools promote staff member participation in health promotion programs.



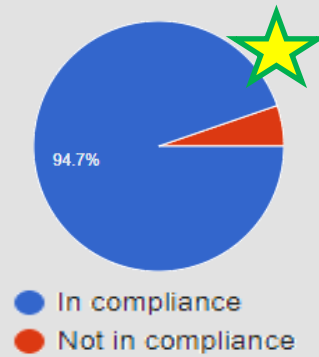
The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (i.e. the school provides information about nutrition and physical activity to parents throughout the year).



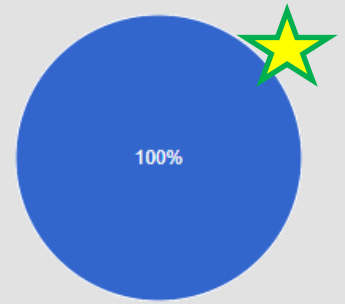
Lunch meals served meet the New Meal Pattern requirements: including minimum requirements for fruits, vegetables (and subgroups), whole-grain rich foods, meat/meat alternates and 2 varieties of milk.



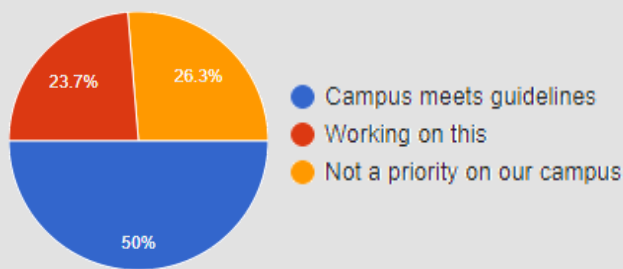
Foods and beverages served to students at school sponsored events in grades K-8 meet (or exceed) the USDA Smart Snacks in School nutrition standards.



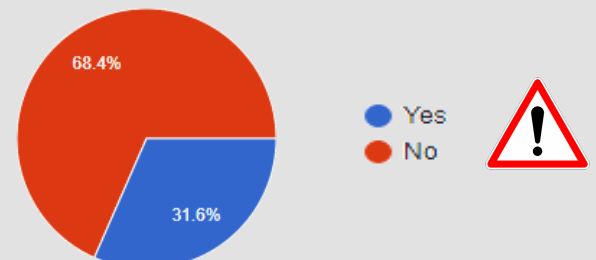
Breakfast meals served meet the New Meal Pattern requirements: including minimum requirements for fruits/vegetables, whole-grain rich foods, and 2 varieties of milk



Foods and beverages served to students during classroom celebrations and parties (holidays and birthdays) meet (or exceed) the USDA Smart Snacks in School nutrition standards.



The school has an on-going School Wellness Committee that discusses health related issues in coordination with the district Wellness Policy Committee. Members can include teachers, admin, counselors, kitchen staff, nurses, parents, students, etc.



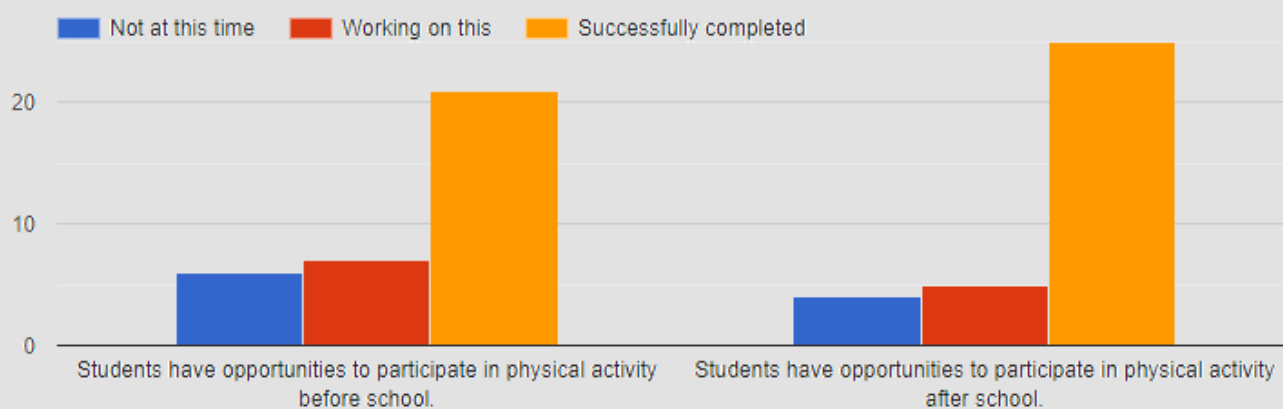
The School Wellness Committee also discusses staff wellness, disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.



Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.



### Before and After School Activities



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