



# DVUSD Wellness Policy Report Activity and Assessment Tool 2023-2024



## Wellness goals met this school year:

- ✓ 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 DVUSD incorporate some local and/or regional products into school meals.
- ✓ All DVUSD K-5 students are offered at least two recess periods during the school day.

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

**75%** of schools have a Wellness / Health & Productivity Representative

**91%** of school cafeterias implement 10 or more Smarter Lunchroom techniques.



## Top wellness policy implementation barriers:

1. Not enough time
2. Limited support from staff.
3. Staff pulled in too many directions
4. Wellness goals compete with tradition
5. Lack of resources

## Wellness goals DVUSD is working on:

- 20% of DVUSD Cafeteria nutrition promotion activities provide a link to nutrition education and school gardens/Farm to School and other nutrition related community activities.
- 70% of DVUSD schools incorporate physical activity breaks throughout the day.
- 50% 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.
- 36% of DVUSD schools provide nutrition education within their core subjects.

## Schools can promote wellness by:

- Engaging in nutrition promotion efforts that encourage healthy food choices.
- 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.