

# School Wellness Progress Comments



2020-2023

## Highlights

Updated 5.19.21

\* The District has participated in "Walk-a-Thons", the students have collectively walked the distance of Arizona over the course of the year.

\*Staff has been encouraged to model healthy eating and physical activity through participation in our Wellness Wednesday's, Spring and Fall wellness challenges.

\*Are families are invited to participate in school-sponsored activities such as Jump Rope for Heart.

\*To promote mental wellness, The District has doubled our counseling efforts and all students are seen through the year by one of our two counselors.

## Areas for Growth

\* The District has purchased equipment for "Rent Equipment Days" for each classroom that is available everyday and will continue to looking into the possibility of adding Frisbee golf, backgammon, chess and games like sequence.

\*School has purchased the property that will be used for a school garden with the intent to start the garden school year 21-22.

\*A nutrition ambassador shall be selected to represent every grade and read a nutrition fact on Wellness Wednesday's at announcement time. The nutrition fact will accompany an activity that is age/grade appropriate. This will also include extra nutrition information for sports athletes.

# Wellness Report Card



Updated 5.19.21

2020-2023

IMPLEMENTED

PARTIALLY  
IMPLEMENTED

NOT YET  
STARTED

Students need healthy food and environments to reach their full potential. This report reviews our progress towards the goals outlined in our Local Wellness Policy to help student's succeed!

IMPLEMENTED	PARTIALLY IMPLEMENTED	NOT YET STARTED	
	X		School will host a school garden.
X			The District will participate in "Walk-a-Thons".
X			Provide sports nutrition information to athletes
X			Staff will be encouraged to model healthy eating and physical activity through participation in our Wellness Wednesday's, Spring and Fall wellness challenges.
	X		The District will construct and implement strategies to promote mental wellness for students and staff. Some strategies (are by not limited to) 8 hours Sleep-a-Thon, meditation techniques, journaling, and self-coping techniques for stress.
	X		The District will participate in "Rent Equipment Days" such as, croquet, backgammon, Frisbee golf, and games like chess, sequence and scavenger hunts for mental fitness.
	X		Nutrition education is taught as part of health education to provide students will skills necessary to promote and protect their health (including but not limited to topics on sun safety, eating disorders, accepting body size differences, importance of water consumption and health problems that affect nutrition).
		X	A nutrition ambassador shall be selected to represent every grade and read a nutrition fact on Wellness Wednesday's at announcement time. The nutrition fact will accompany an activity that is age/ grade appropriate.
	X		Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.
	X		The District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.