

QUEEN CREEK UNIFIED DISTRICT LOCAL WELLNESS POLICY- ASSESSMENT

2019-2020 SY

OVERVIEW

1. Wellness Committee- November 2018

i The committee came together to host their first meeting of the 2018/2019 SY in November 2018. The attendees which included physical education teachers, counselors, community members, parents, and child nutrition reviewed the existing wellness policy.

2. Review

i The wellness committee discussed the successes of the sun screen initiative district wide through various efforts. The awareness of mental health through IMPACT on campus has made a difference. Nutrition standards are still of highest importance in terms of the SBP and NSLP programs, which includes smart snacks sold on campus. Food safety was achieved through health inspections via Maricopa County and the steady grades awarded of A. An area of focus remains on increased nutrition education opportunities.

3. Curriculum

i The Director of Curriculum provided an update on the progress made to make the goals as outlined in the wellness policy. Queen Creek physical education teachers have been meeting and exceeding expectations that are required. Students at elementary level have 1 hour of required organized physical education classes weekly. As part of the state standards and guidelines for health and wellness, students are taught social responsibility that includes mental health, lessons on sunscreen, and good eating habits.

The focus area based off assessment results:

- Increased nutrition education outreach
- District wide health and wellness event

4. Implementation Plan

i The wellness committee will meet in March 2018 to develop a plan of implementation.

Approved By: Dustin Walker, CDM, CFPP, Director of Child Nutrition Date: January 2019

This institution is an equal opportunity provider.