

Wellness/Physical Activity Report Information 18-19

1. Provide a digital copy of your 18-19 Wellness Policy if it is different from the district policy.

2. Provide the name of your wellness leader/contact for your school.

Luke Tudter

3. List any wellness/physical activities conducted by your school in the 2018-19 school year. (Provide examples and number and type of participants e.g. students, parents, community)

Girls on the Run - 10 students, 10 parents & community
Marathon Club - 100 students/parents
Field trip to desert rish - 90 students
Mother/Son Dart activity after school - 50 sons/mothers

4. Did your school meet the number of minutes of physical activity as required? Yes/ No

5. How many minutes are your students provided for:

Lunch 25
Breakfast 30

6. Is your school compliant with the state and national competitive foods regulations concerning nutrition content, appropriate timing of food sales and fundraisers involving food sales? Yes/No

7. What nutrition education opportunities did your school provide in 18-19?

5 a day challenge
Nutrition Unit
Health and safety fair

8. Did your school conduct any assessments of your 18-19 Wellness/Physical activity environment? If so, please include a copy of the assessment.

No

9. Please provide any special information that you would like to have highlighted in the assessment report for the Board of Education about the Wellness/Physical Activities in your school for the 18-19 school year.