

Wellness/Physical Activity Report Information 17-18

1. Provide a digital copy of your 17-18 Wellness Policy if it is different from the district policy. done
2. Provide the name of your wellness leader/contact for your school. Anthony Mazzei
3. List any wellness/physical activities conducted by your school in the 2017-18 school year. (Provide examples and number and type of participants e.g. students, parents, community)
daily Take 10's and recess - all students
CRES Walk-a-Thon - all students participate, parents are invited to participate, and there are community sponsors recognized with signs attached to baseball backstop
4. Did your school meet the number of minutes of physical activity as required? Yes / No

Yes
5. How many minutes are your students provided for:
Lunch 25
Breakfast as much as needed, breakfast is open from 8:00-8:30, students that do not finish take breakfast back to their classroom
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
7. What nutrition education opportunities did your school provide in 17-18?

Farm-to-table lunch day - local growers provided food for the the lunch program and staff provided education during the event.
8. Has your school conducted any assessment of your 17-18 Wellness/Physical activity environment? If so, please include a copy of the assessment.

We have not

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.

CRES provides 3 opportunities for after-school physical activities: Girls on the Run, Let Me Run, and the Fitness Club.

CRES students have recess and 2 additional Take 10 physical activity opportunities every day.