



SY 2022/23 WELLNESS POLICY REPORT

WE MET THESE GOALS:

- ◆ Encourage participation in the meals program
- ◆ Integrate health education with physical education; provide opportunities for students to practice the skills taught
 - ◆ Provide 30 minutes of daily unstructured physical activity time
 - ◆ Physical education class is never withheld as a form of discipline

WE ARE WORKING ON THESE GOALS:

- ◆ Expand the current school garden in SY23 and integrate garden education with science lessons
- ◆ Provide nutrition education and instruction in other courses
 - ◆ Provide additional opportunities for all students to participate in physical activity after school
- ◆ Always encourage students to be active and make healthy choices

SCHOOL WELLNESS COMMITTEE

Always Actively Recruiting!

- ◆ Meets annually about school health & safety
 - ◆ Facilitated by the Food Services Director
- ◆ Designates a school official to ensure that the school utilizes the wellness policy.

Current members include: Food Services Director, Food Services Coordinator, Executive Director, Health Teacher, and Paulden Parent Partnership (PPP)

To participate, contact: dceniceros@pauldenschool.com

OUR SCHOOL'S WELLNESS POLICIES:

- ◆ Encourage participation in the meals program
- ◆ Our school participates in the National School Lunch & Breakfast Programs
- ◆ All breakfast & lunch programs meet the New Meal pattern requirements
- ◆ Free drinkable water is available to all students during all meal periods and throughout the day

PLANNING, TRACKING, & SHARING:

- ◆ Our school reviews its wellness policy once every three (3) years
- ◆ Our school shares its wellness policy with the public at www.pauldenschool.com
- ◆ Continue to inform our families and the community about revision made to our wellness policy