

# 2018-2019 Wellness Policy Report

## Paulden Community School

### We met these goals:

Encourages participation in meal programs.

Health teacher provides opportunities for students to practice skills taught.

Nutrition education is included in health class.

We make available 15 minutes of unstructured physical activity time.

Physical education during the day is never withheld as punishment.

### We are still working on these:

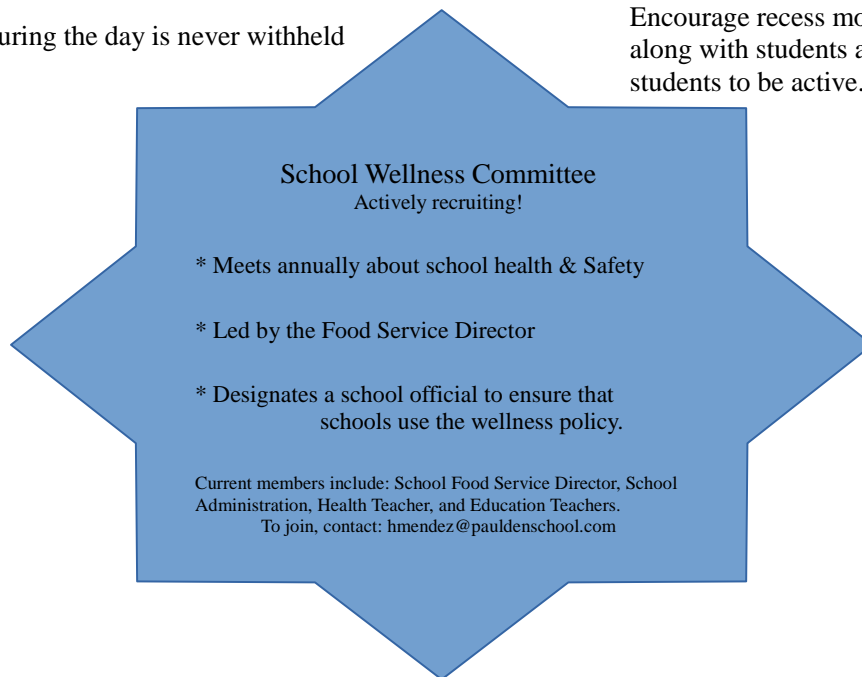
We plan on starting a school garden by SY 2020-2021 and will offer garden education.

Teaching nutrition education through other subjects.

Providing 45 minutes of physical activity.

Providing opportunities for all students to participate in physical activity after school.

Encourage recess monitors to be physically active along with students at recess, and to encourage students to be active.



### Our district wellness policies

Our school participates in the National School Lunch and School Breakfast programs.

All breakfast and lunch programs meet the New Meal pattern requirements.

Free drinkable water is available to all students during all meal periods and through out the day.

### Planning, Tracking, & Sharing

Our district reviews wellness policy compliance once every 3 years.

We share the wellness policy with the public at [www.pauldenschool.com](http://www.pauldenschool.com)

During the 2019-2020 school year we plan to inform families & the public about revisions we make to our wellness policy.