

Wellness Report Card



Flagstaff Unified District - 2022

IMPLEMENTED

PARTIALLY
IMPLEMENTED

NOT YET
STARTED

Students need healthy food and environments to reach their full potential. This report reviews our progress towards the goals outlined in our Local Wellness Policy to help student's succeed!

| | | | |
|-------------------------------------|-------------------------------------|--------------------------|---|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | local &/or regional products in the school meal program |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | physical activity 40 min./day at 10 schools |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | school meals meet USDA meal pattern guidelines |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | school gardens at some elementary schools |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | grounds & facilities are safe & available to be active |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | walking or biking to school is encouraged |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | alternate ways to discipline - restorative practice |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | nutrition education at elementary schools |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | school sponsored events include healthy food options |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | physical activity opportunities before school |

School Wellness Progress Comments



Highlights

All of our schools participate in the National School Breakfast and Lunch programs. Some school sites also participate in the Summer Food Service Program, which is available to all children in the area.

Our schools serve meals in clean and pleasant surroundings; provided by a team of nutrition professionals.

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the habits, knowledge, skills and confidence to become physically competent individuals who participate regularly in physical activity, maintain physical fitness, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

The District promotes staff member participation in health and wellness programs.

Areas for Growth

Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.

District offers and promotes annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.

Promotion of new school menu items. Also we will look into alternative food trays.

Teachers and administrators will model healthy behaviors.

Schools host a health fair annually.

Serve more school meals to high school students.