****

 To join, email Elaine Keller - ekeller@fusd1.org

* Meets quarterly about school health & safety
* Led by Bob Kuhn, Assistant Superintendent, Operations
* To assess and implement student wellness

Current members include: *parents, teachers, administrators, food services representatives, other school staff, community partners, and the general public.*

Actively recruiting!

**District Wellness Committee**

* All of our schools
participate in the

National School

Breakfast and Lunch

Programs.

* All breakfast and lunch meals

served meet the new USDA meal

pattern requirements.

* Free, drinkable water is available to
 all students at all schools during the
 meal period.
* Our schools serve meals in clean and pleasant surroundings; provided by a team of nutrition professionals with an on staff dietician.
* 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.
* Our district reviews

 Wellness policy compliance.

* + - The District has revised and updated their Wellness Policies to meet new state and federal guidance.
		- We share the District Wellness Policy with the public at:

 <https://www.fusd1.org/domain/1752>

* + - The Assistant Superintendent, Operations oversaw the wellness policy review over the past school year.
		- During the next school year, we plan to inform families and the public about the revisions we make to our wellness
		policy.

**We are still working on these:**

* Physical activity is available for at least 40 minutes per day for all students at 10 schools and 5 are moving towards it.
* The District provides teachers and other school staff with a list of ideas for alternative ways to discipline students.
* Students are moderately to vigorously

 active for at least 50% of class time

 during most or all physical education class sessions.

* School-sponsored events

 incorporate wellness

 components including

 physical activity and

 healthy eating
opportunities.

**We met these goals:**

**Our future plans include:**

* We posted school meal menus on our district’s website:

<https://flagstaffusd.nutrislice.com/menu>

* FUSD incorporates local and/or regional products into the school meal program.
* A salad bar is available for all students.
* All elementary schools offer nutrition education.
* To the extent practicable, schools ensure
that their grounds and facilities are
safe and that equipment is
available to all students to be
active.
* Students receive formal,
age-appropriate physical
education, consistent with
national and state
standards for physical
education.

**Our Wellness Goals**

**2019 Wellness Policy Report**

**Flagstaff Unified School District #1**



**Our District Wellness Policies**

Planning, Tracking, & Sharing