



2022-23 Wellness Report

Sundale School District



Our Wellness Goals



We met these goals:

- Afterschool Nutrition Education to support resources for instruction.
- Student Leadership USDA Smart Snacks favorites list for classroom parties.
- Health and Wellness information posted.
- Online student nutrition Assessments, in cooperation with Dairy Council.
- Employee wellness presentation.
- Healthy Tray Campaign - pick 3 of 5 food groups.
- Nutrition Videos in cafeteria.

We are still working on these:



- ✘ Opportunities for teachers to update Physical Education Training.
- ✘ Updated Afterschool Nutrition Education

District Wellness Committee

Actively recruiting!

- ✓ Meets 5 times yearly on school health & safety
- ✓ Led by Coordinator: Linda Allen
- ✓ Designates a Sundale School official to ensure that schools use the wellness policy

Current members include: parents, students, a physical education teacher, classroom teachers, an administrator, food service director, counselor, Special Services teacher, and CA Dairy Council liaison.



Our District Wellness Policies

All foods available on campus during the school day are consistent with nutritional guidelines 42 USC 1773 and federal regulations which support and promote student health and reducing childhood obesity. (42 USC 1758b)The district participates in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs. All foods and beverages sold to students in the district, including those available outside the district's food services program support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through the student store, or other venues meet or exceed state and federal nutritional standards.



Planning, Tracking, & Sharing

- Every three years the Sundale School District Wellness Plan Assessment is completed by the Health and Wellness Committee to track progress towards local, state and federal goals.
- The Sundale School's Triennial Assessment was last completed on June of 2021. Assessment results: Sundale met 6/6 Wellness Standards/Goals. The complete assessment and information on next steps and is available for public viewing on the Sundale School Website, on the Health and Wellness page.

