Wellness Report Card

Catalina Foothills School District 2022-23

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!

IMPLEMENTED	PARTIALLY IMPLEMENTED	NOT YET STARTED	
✔			Offering vegetables on all service lines.
✔			Nutrition is offered as part of comprehensive standards-based health education cirriculum.
✔			Physical activity is available for at least 30 minutes per day for all students in grades K-5
✔			Students receive formal, age-apropriate physical education, based upon national and state standards.
✔			Students are offered periodic opportunities to be physically active in the classroom throughout the day.
✔			Health education is required in all elementary grades.
✔			Middle and high school students are required to take and pass at least one health education course.
✔			Participation in meal programs is promoted to families.
✔			Families are informed and invited to participate in school activities and receive information about health promotion efforts.
✔			Lunch meals meet the new meal pattern requirements set forth by the National School Lunch Program.

School Wellness Progress Comments

Highlights

Over the past three years, CFSD elementary schools have maintained the increased amount of recess time provided to their students. As of spring 2023, all elementary students continued to be provided at least 30 minutes of recess on all days throughout the year.

Another area that has shown consistent improvement across CFSD is providing students with periodic opportunities to be physically active in the classroom throughout the day. The use of movement breaks and kinesthetic learning opportunities meets the physical and educational needs of our students, and helps to create an engaging learning environment for all.

Since returning to more normal operations post-COVID, our food service provider, Southwest Foodservice Excellence (SFE), has worked hard to the meet the dietary needs of students, while maintaining high levels of quality and appearance of meals served to our student population.

Areas for Growth

Across CFSD, we have seen an improvement in the area of family engagement, specifically with inviting our families to participate in school-sponsored activities and receive information about health promotion efforts. This is a work in progress for our schools, and we will continue to reach out and engage our families and partner with them to support the educational and nutritional needs of our students.

With the help of Southwest Food Excellence, our goal will be to increase the number of students who participate in the meal programs offered at each site. This can be accomplished by continuing district and site-based promotion efforts, as well as by providing breakfast and lunch selections that are nutritious, visually appealing, and tailored to students' interests.