## Crossroads Elementary Wellness/Physical Activity Report Information 17-18

- 1. Provide a digital copy of your 17-18 Wellness Policy if it is different from the district policy.
- 2. Provide the name of your wellness leader/contact for your school.

Adam Staff

3. List any wellness/physical activities conducted by your school in the 2017-18 school year. (Provide examples and number and type of participants e.g. students, parents, community)

Girls on the Run – 14 girls, 6 staff members Let me Run – 15 students 2 staff members Running Club - Approximately 30 students K- 2 2 staff members Healthy Snacks Club - Approximately 60students 1st -5<sup>th</sup> 6 staff members Club 21 Fitness Club - Approximately 25 students 2 adults

- 4. Did your school meet the number of minutes of physical activity as required? Yes / No
- 5. How many minutes are your students provided for:

Lunch \_\_\_\_25\_\_\_\_ Breakfast \_30\_\_\_\_

- Is your school compliant with the state and national competitive foods regulations concerning nutrition content, appropriate timing of food sales and fundraisers involving food sales? Yes/No
- 7. What nutrition education opportunities did your school provide in 17-18?

Health and wellness unit, Nutrition unit

8. Has your school conducted any assessment of your 17-18 Wellness/Physical activity environment? If so, please include a copy of the assessment.

HECAT Curriculum Fundamentals for Grades 3-5

9. Please provide any special information that you would like to have highlighted in the assessment report for the Board of Education about the Wellness/Physical Activities in your school.