



2022-23 Wellness Policy Report

MALC Schools



Our Wellness Goals

We met these goals:

- ✓ All our schools' post **school meal menus** on our district website and throughout our campuses:
<https://www.mohavelearning.org/domain/64>
- ✓ Our teachers received resources to Implement **Brain Breaks** (short 3-5 Minute) activity breaks during class room learning.
- ✓ Our schools implement **Smarter Lunchroom techniques** to promote healthy food and beverage choices.

We are still working on these:

- ✳ By school year 2023-24, all physical education teachers will participate in **annual professional development**.
- ✳ By school year 2023-24, MALC will provide nutrition and physical activity promotional materials to families.
- ✳ By school year 2023-24, Nutrition Education will be provided to all students.

District Wellness Committee

Actively recruiting!

- ✓ Meets twice a year about school health & safety
- ✓ Led by Dobry Cieszko Food Service Director.
- ✓ Designates a district official to ensure that schools use the wellness policy

Current members include: *Teachers, a School Superintendent, the Food Service Director, Food Service Staff, and a AZ Health Zone Coordinator.*



Our District Wellness Policies

Planning, Tracking, & Sharing

- 📄 All our schools Participate in the **National School Breakfast & Lunch Programs**.
- 📄 All breakfast & lunch meals served meet **the new meal pattern requirements**.
- 📄 All schools ensure that **meals are served in clean & pleasant surroundings** and are administered by a team of nutrition professionals.
- 📄 **Free, drinkable water** is available to all students at all schools during the meal period.
- 📄 All **foods & drinks advertised** on school campuses during the school day meet the USDA Smart Snack Standards at all of our schools.

- 🗣️ Our district **reviews wellness policy compliance** once every three years.
- 🗣️ Our Wellness Policy was **updated in 2022**.
- 🗣️ Our schools completed the **School Health Index** to assess implementation of the wellness policy at each school.
- 🗣️ We share the district wellness policy with the public at www.mohavelearning.org/mealprogram.
- 🗣️ This report **informs families & the public** about how well we are doing carrying out our wellness policy.
- 🗣️ During the next school year, we plan to **inform families & the public** about the revisions we make to our wellness policy.



MALC Schools Wellness Committee Meeting Agenda

Meeting Date: 4/19/2023 Time: 4:30 p.m. Location: High School Cafeteria

Agenda Items:

1. Review SHI results
 - a. Set goals for each school
2. Family engagement and resources
3. Review Infographic for progress report
 - a. Post on website/Facebook page
4. Smarter Lunchroom Movement update
 - a. Nutrition education/SLM for students – Positive Action class
5. Staff development update
6. Wellness committee recruitment
7. Next Steps – AAT next year, events, etc.
8. Open Discussion/Questions/Concerns

Notes & Action Items: