



Park Meadows Elementary

Wellness Policy Report

Wellness goals this school year:

Participation in meal programs is promoted to families at school.

At least 10 Smarter Lunchroom Techniques are implemented.

Fourth and fifth grades received monthly nutrition education lessons.

Four vegetable sub-group taste tests were conducted.

Teachers incorporate movement and kinesthetic learning approaches into “core” subjects whenever possible to reduce sedentary behavior during the day.

Students are moderately to vigorously ac-