

# 2018 Wellness Triennial Policy Report

## Las Puertas Wellness Goals

### **We have met these Goals and will continue to actively improve upon them:**

Las Puertas employs a highly trained, certified Physical Education teacher who teaches all grade levels at Las Puertas a minimum of four days per week. The curriculum includes active physical activity in a variety of methods: cardiovascular and plyometric exercise, stretching, yoga, dance, and team/individual sports. In addition, the Physical Education program includes health and wellness guidelines and information. This includes educating students about proper nutrition and having students maintain a food diary and an evaluation of their own diet as a source of information and education.

Las Puertas does not sell food but offers Breakfast and Lunch through the National School Lunch Program which has strict nutritional guidelines.

Las Puertas encourages active school based activities such as: encouragement and participation in team and individual physical activity during the lunch and other breaks that are available throughout the day. Additionally, Las Puertas participates annually in the Ropes Course offered by the University of Arizona. The Ropes Course promotes strong physical challenges while teaching team work.

As part of our school program, we have organized physical activities for all students to participate in such as our annual basketball and volleyball tournaments. Las Puertas also encourages and supports physical activity outside of school.

Physical Activity is never used as a punishment or deterrent. At Las Puertas, physical activity is used as a fun and positive component of our school day.

### **Challenging Goals:**

Las Puertas' most challenging goal is recruiting a variety and consistent number of family and community members who will support the consistency and growth of our Wellness Committee. We remain diligent in our efforts and maintain hopeful that we will accomplish this goal.

### **Las Puertas is the District so that the district policies are Las Puertas' policies:**

Las Puertas has met and will continue to meet the district policies for meal standards, competitive foods and drinks, community celebrations, rewards and the marketing of our school

### **Las Puertas' plans for implementing our wellness policy, conducting triennial progress assessments and public notifications:**

Las Puertas plans to continue the implementation of our Wellness Policy for the 2018-2019 school year. With the solidification of our Wellness Committee, Las Puertas plans to continue to perform progress assessments that are available to our family members, community leaders, and the general public.