



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-