

Formal Review of The PEAK School Wellness Policy

October/November 2014

1. Observed Kindergarten, 1st, 2nd and 3rd grade teachers talking with students about donation and cash exchange options for their Halloween candy.
 - a. Around the Mountain Pediatric Dentistry offers \$1 for every pound of unopened Halloween candy to children.
 - b. The candy is then donated to Troops serving overseas.

December 2014

1. Encourage healthy food choices.
 - a. Serve salads, fresh fruit and fresh vegetables.
 - i. Presently serving one chef salad every two weeks on the lunch menu rotation. Strive to add another.
 - b. Many teachers are eating healthy foods.
 - i. Observed teachers at both buildings eating salads and fresh fruit.
 - ii. Observed fruit and vegetable trays at the Winter Break parties held in each classroom.
 - c. Many teachers are encouraging families to bring healthy snacks to share with class.
 - i. Observed go-gurt, string cheese, baby carrots and cuties being donated by parents to share with classmates.
2. Observed teachers encouraging students to eat the healthy foods in the school lunch.
3. Observed teachers encouraging student to enjoy the healthy snacks provided by their classmates.
4. Observed Extended School Program personnel encouraging students to eat the healthy snacks donated to the program.

The Stakeholder Advisory Group for The PEAK School decided to continue to monitor the same two Wellness objectives in the 2015/2016 School Year:

1. Create an overall school environment that encourages students to make healthy food choices.
2. Opportunities and encouragement for staff to model healthy eating habits.