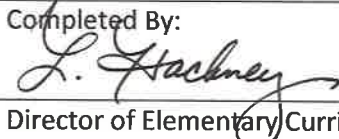




CVUSD WELLNESS GOALS

CVUSD Wellness Annual Assessment Report 2020/2021

Key Element	Responsible Party?	How Monitored?	Compliance Check		
			How Often Monitored?	Jul-Dec	Jan-June
Physical Education Opportunities for Grades 1-6	Board Policy: The district's physical education program shall engage students in moderate to vigorous physical activity for at least 50% percent of the class session.				
	Director of Elementary Curriculum	Ensure students in grades 1 through 6 receive 200 minutes of physical education every 10 days.	Two times yearly	X	X
Physical Education Opportunities for Grades 7 and 8	Board Policy: The district's physical education program shall engage students in moderate to vigorous physical activity for at least 50% percent of the class session.				
	Director of Secondary Curriculum	Ensure students receive 7200 minutes of physical education per school year.	Yearly		X
Physical Education Opportunities for Grades 9-12	Board Policy: The district's physical education program shall engage students in moderate to vigorous physical activity for at least 50% percent of the class session.				
	Director of Secondary Curriculum	Ensure students receive 14,400 minutes of physical education by the end of the 12 th grade.	Yearly		X
Nutrition Education Opportunities for Grades 1-12	Board Policy: The district's wellness policy shall engage students in nutritional education as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the educational program and through after-school programs.				
	Director of Secondary Curriculum Director of Health Services and Child Development	Ensure that students receive nutritional education to include, but not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health.	Yearly		X
State Mandated Physical Fitness Test	Board Policy: Students in grades 5, 7, and 9 shall participate in the state physical fitness test.				
	Directors of Elementary and Secondary Curriculum	Ensures that students in grades 5, 7, and 9 participate in the state mandated physical fitness test.	Yearly		X
Date Completed:	Completed By:	Completed By:	Completed By:		
6-30-2021	 Director of Elementary Curriculum	 Director of Secondary Curriculum	 Director of Health Services		