



Wellness Policy Evaluation and Survey Results

The Wellness Committee reviewed and evaluated the New Designs Wellness Policy. The observations and recommendations are as follows.

- ✓ Members wanted to see more Physical Education time for Middle School students
- ✓ The school to have more balls
- ✓ The dinner portions should be reduced slightly
- ✓ Have more posters of good eating habits
- ✓ The information in the wellness policy should be disseminated to teachers and students
- ✓ Also the policy should be translated in to Spanish so that Spanish speaking parents can also understand
- ✓ The list of LAUSD approved foods which we have adopted should be made available to all members of the wellness committee
- ✓ Conduct a survey among students to get their feedback and possible concerns

The students of New Designs answered a few survey questions regarding our Wellness Policy. After reading the responses about 70% of students did agree that it is important to have a Wellness Policy in place at their school and they love how it is being implemented. They like the posters. Of all students surveyed, it shows that 90% of students have seen various positive changes around the school.

Since the implementation of the Wellness Policy all students have notice that fundraisers only carries healthy snacks, as well as new posters promoting health and wellness throughout the school. The students noticed the P.E. department received added equipment, which is an important factor in keeping all the students active during physical education. All students surveyed did suggest that the Wellness Committee should work on new projects to help promote student health and wellness.