

# Putnam Public Schools School Wellness Policy Annual Progress Report 2018-2019

<b>District Wellness Goals</b> Increase Visual Information on School Wellness Expand Nutrition Education	<b>Fully in Place</b>	<b>Partially In Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement the goal and list challenges of implementation</b>	<b>List next steps that will be taken to fully implement and/or expand the goal</b>
<b>STUDENT NUTRITION EDUCATION</b>					
1. PES - Nutrition education is provided to each grade level through community programs and resources. These resources give the students the skills necessary to promote and protect their health.		X		Increase communication with the school community through School Governance, Family Resource Center, emails, PTO and ongoing nutritional visuals on school bulletin boards and website.  Ongoing work with the Food Service Director on incorporating nutrition knowledge and activities into current physical education curriculum	Work with physical education teachers on plans for health and nutrition lessons during grade level classes for the 2019-20 school year  Meet with team leaders to share ideas and plans with all staff for lessons and school-wide activities for the 2019-20 school year
2. PES - To increase health education lessons and units into the physical education curriculum		X		Two meetings held during the school year to begin to plan for health lessons in classes for the 2019-20 school year  Discussion and plans for ongoing lessons occurred with the Food Service Director and Family Resource Center staff and information was shared with all staff at the May and June staff meetings	Establish a timeline for health lessons and possible summer curriculum work

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<b>STUDENT NUTRITION EDUCATION</b>					
3. PES - To increase student awareness and understanding of nutrition and healthy eating habits		X		Incorporation of nutrition activities into school-wide events such as Family Fun Night  Ongoing visual signage on monthly bulletin boards outside of the cafeterias  Activities and parent forums on nutrition and healthy food choices during summer feeding and summer school programs	Ongoing work with the administration and Food Services to incorporate more nutrition education into assemblies, meetings, etc.
4. PMS - To increase student awareness and understanding of nutrition		X		The Food Service Director has made adaptations to the menu to make healthy food choices more appealing to students. Nutrition is also taught directly through the Family Resource Center.  A significant challenge is that students can be selective eaters and would rather not eat than eat something that is healthy.	Continue to collaborate with the Food Service Director  Continue to provide educational opportunities for students and staff regarding healthy choices
5. PHS – to expand nutrition education		X		Increase communications to school community through emails, newsletters and nutritional guideline posters in the building  Added units to Health II and Life Fitness curricula that include healthy eating and nutrition	Continue to advertise through posters and school publications  Implement the new curricula in school year 2019-20

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<b>STUDENT NUTRITION EDUCATION</b>					
6. PHS – Increase student awareness of the nutritional value in different types of foods.			X	In the spring of 2019 four nutritional classes were implemented for students allowing them to understand and gain knowledge of nutritional content in food and recognize how to make better choices when choosing food from the shelf. Steps to take include: choosing a teacher, setting learning objectives, purchasing materials and establishing the details of the courses.	Establish the enrichment class teacher and supporting staff  Determine what the learning objectives for the four classes  Allow students to sign up for the enrichment classes (4 classes x 40 minutes per semester)  Allow students to experience the nutrition classes
7. PHS – Add healthy eating and nutrition units of study to existing courses; Health II and Life Fitness	X			The units of study are being written and uploaded into the district's online curricula platform, Rubicon Atlas, and will be taught in the 2019-20 school year.	Ensure the units of study are taught and students are given the opportunity to learn about nutrition and healthy eating

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<b>PHYSICAL ACTIVITY GOALS</b>					
1. PHS – Add opportunities for students to participate in physically active events outside of physical education or Life Fitness classes	X	X		<p>The student council group has added a minimum of three events to the school calendar that involve physical activities for students. They include: volleyball tournament, pep rally activities, including relay races and a dodgeball tournament.</p> <p>Student course descriptors and selection timeframes are in place and 13 varsity sports are in place.</p>	<p>Continue to offer events for students to participate in outside of the school day</p> <p>Students will be encouraged to take more than the two half-credit physical education and/or Life Fitness course. The school is marketing the 13 varsity sports and encouraging more students to participate in extra-curricular sports.</p>
2. PES/PMS - To increase opportunities for physical activity for all students during the school day		X		<p>PES – The nature trail and walking paths are used for PBIS rewards and incentives for healthy living choices.</p> <p>PES - Use of the physical education gym before and after school for programs such as School Age Child Care and preschool to have students exercise</p> <p>PMS - Provide opportunities for physical activity through the PBIS initiative. Examples include allowing students time outside for having no referrals in a month, submitting tickets to be able to go on a hike, and earning time to play in the gym. There was also a student/staff island ball tournament.</p> <p>A primary challenge is the limitation of time for planning and organizing activities.</p>	<p>Work with staff on the school improvement plan for the 2019-20 school year to add more physical activities for all students throughout the school year</p> <p>Work with PTO and Family Resource Center to build in fundraising events to promote mile walks, runs, challenges, etc., to promote family wellness and physical exercises</p> <p>Establish a working group to further implement strategies</p>

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<b>NUTRITION STANDARDS</b>					
1. PHS – Implement and follow the school district’s school wellness policy including fundraising activities with fidelity		X		The district school wellness policy was shared with administrators, who then shared it with staff. Healthy eating guidelines were discussed at the faculty meeting as well as fundraising expectations.	Continue to follow the wellness policy and look for ways to offer fundraising opportunities and reward systems that include healthy eating options.
2. PHS – Reduce the number of club/classroom food-based rewards.		X		Meet with more clubs/teacher leaders to brainstorm other reward systems besides food rewards. The PBIS group will develop other reward options for staff to follow and for students to receive.	The PBIS group has established a clipper ticket reward system that is not food-based. Monthly rewards are certificates and gift cards. Other rewards include open gym hour and field trip hour.
3. Create a district-wide fundraising form	X			The initial challenge was that no form existed. With the creation of a district-wide form, all schools are using the same format. The form must be signed off by the Food Service Director.	The wellness committee will ensure that the form is revised, when necessary, to reflect the latest standards.
4. All food offered to students meets USDA Requirements	X			The cafeterias offer all foods that are USDA approved. This includes fresh fruits, fresh vegetables, whole grains and dairy products.	The wellness committee will work with administration to have teachers encourage the consumption of USDA approved foods in their classroom.
5. All snacks consumed by students will be SMART snack approved		X		Foods that are supplied by the school will be pre-approved by the food service department.	All staff will be aware of SMART snacks and will implement them into their classroom setting.
6. PMS - To reduce the number of food-based rewards for students via PBIS		X		<p>The only vending machine that students have access to during the school day is a machine that sells bottled water.</p> <p>The PBIS committee has worked to implement rewards that are not food based. Rewards such as challenge games, craft making, time outside for play and volunteerism are used in lieu of food-based rewards.</p>	Continue to monitor the PBIS rewards calendar and when possible establish other rewards

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<b>OTHER SCHOOL BASED ACTIVITIES</b>					
<i>Food Marketing</i>					
1. The district website will have the school wellness policy, regulations and reports available to the community.		X		The district has the policy and regulations posted. This is the first annual progress report which will be posted following the Board of Education meeting in August.	The wellness committee will ensure the website is updated with the latest policy, regulations and progress reports.
2. The cafeterias will be updated with signage and posters for SMART snacks and USDA required food.	X			Food services purchased and displays signs that include healthy options so that unhealthy foods are not suggested to students.	Food services will evaluate new ways to display healthy foods to children to help promote a healthy diet.
<i>Communication with Parents</i>					
1. Healthy recipes and tips are provided in monthly newsletters to parents.	X			Monthly newsletters from the Family Resource Center are available to the community and contain healthy recipes and tips.	The wellness committee will work with the Family Resource Center to include healthy tips and recipes.
2. The parents will be provided with monthly menus.	X			The Food Service Director will post the menus each month on the food web page.	The wellness committee will ensure the menus are updated accordingly.
3. The food services web page will provide parents with links and information on health eating.	X			The Food Service Director has posted links to resources that are provided by the Child Nutrition Department, End Hunger CT and other state and national groups.	The wellness committee will ensure the web page is updated as required.
<i>Staff Wellness</i>					
1. The district will provide wellness activities for staff	X			The district is part of the ECHIP collaborative which offered a variety of wellness challenges throughout the year.	The wellness committee will ensure there are annual wellness activities planned for staff.
2. Health education resources will be made available to staff	X			The ECHIP wellness committee contracts with a vendor who manages the wellness website. Healthy resources are available through the website.	The wellness committee will work with the ECHIP wellness committee to ensure healthy resources continue to be made available to staff.

### **School Wellness**

If you are interested in serving on the school wellness committee, please contact Jeannie M. Dodd, Board of Education Secretary, Email: [doddj@putnam.k12.ct.us](mailto:doddj@putnam.k12.ct.us), Phone: 860-963-6900, or Nancy T. Cole, Business Administrator, Email: [colen@putnam.k12.ct.us](mailto:colen@putnam.k12.ct.us), Phone: 860-963-6900 Ext 5003. The School Wellness Policy, Regulations and other resources can be found on the district website: [www.putnam.k12.ct.us](http://www.putnam.k12.ct.us).