

Putnam Public Schools School Wellness Policy Annual Progress Report 2020-2021

District Wellness Goals Expand opportunities to address social, emotional and psychological well being Increase physical activities and nutritional education opportunities	Fully in Place	Partially In Place	Not in Place	List steps that have been taken to implement the goal and list challenges of implementation	List next steps that will be taken to fully implement and/or expand the goal
STUDENT NUTRITION EDUCATION					
1. PES - Nutrition and physical activity family training offered	X			Training was planned and promoted to families in a virtual format. Through SNAP's education program, 8 classes were offered from December 2020 through February 2021. The challenge was that due to Covid restrictions, programs had to be offered virtually.	Program implemented.
2. PES – to increase understanding of nutrition and healthy eating habits	X			<p>Nutrition and physical health packets are assembled by NOW (Northeast Opportunities for Wellness) and delivered to the school for distribution monthly with meals for distance learners. Program to run December 2020 through the end of the school year.</p> <p>Daily Bread is offering a student program on nutrition and healthy eating habits. Students will be offered taste testing, educational materials, recipes and food products to make at home.</p> <p>NAPSACC physical education and nutrition assessment and action planning – action plans developed for each area and compiling materials to support physical education indoors and outdoors as well as nutrition education.</p>	<p>Program is fully implemented and will continue through the school year.</p> <p>Planned activities will be conducted.</p> <p>Recipes and food will be distributed to families.</p> <p>Action plans completed; indoor physical activity, outdoor physical activity and nutrition education</p> <p>Plans implemented</p>

District Wellness Goals Expand opportunities to address social, emotional and psychological well being Increase physical activities and nutritional education opportunities	Fully in Place	Partially In Place	Not in Place	List steps that have been taken to implement the goal and list challenges of implementation	List next steps that will be taken to fully implement and/or expand the goal
STUDENT NUTRITION EDUCATION					
3. PMS – To increase student awareness and understanding of nutrition	X			The middle school curriculum includes nutrition. A challenge is that students continue to bring snacks and beverages from home that do not meet nutritional standards.	Through parent notification, reminders about the benefits of nutritional foods and beverages will be provided. In addition, the dangers of energy drinks will be emphasized.
4. PHS – Increase student awareness of the nutritional value in different types of foods		X		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 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
5. PHS – Increase student awareness of nutritional value through a hands-on approach of cooking and baking			X	Establish a culinary program that includes a food lab for cooking and baking; one current challenge is funding for the equipment	Establish the culinary curriculum Identify the equipment needed for the course Identify funding to fully equip the lab Offer the classes and enroll students

District Wellness Goals Expand opportunities to address social, emotional and psychological well being Increase physical activities and nutritional education opportunities	Fully in Place	Partially In Place	Not in Place	List steps that have been taken to implement the goal and list challenges of implementation	List next steps that will be taken to fully implement and/or expand the goal
PHYSICAL ACTIVITY GOALS					
1. PES – To increase awareness of the importance of physical activities		X		Staff training through NAPSACC will be planned based on action plans related to physical activity for students for both indoors and outdoors; training offered to staff in preschool; materials to be purchased.	The program will be delivered by July 2021.
2. PES – To promote social and emotional opportunities	X			NOW (Northeast Opportunities for Wellness) and Family Resource Center (FRC) Virtual Yoga classes offered for children and families.	Program implemented
	X			Virtual Play and Learn Groups focusing on Yoga and mindfulness were offered to children and families.	Program implemented
	X			Music and Movement Play and Learn Groups offered to children and families.	Program implemented
3. PMS – To increase the practice of healthy physical activity		X		Hikes on school property were done with the students. Students were taught the importance of warm ups and cool downs before and after physical education classes.	This activity will remain a work in progress.
4. PMS – To raise student self-awareness		X		Continued education will be provided to students around self awareness and self esteem. A challenge is getting students to the point of acceptance of self.	Through an advisory group, this work will continue.
5. PHS – To increase physical activities and broaden student experiences		X		Due to Covid 19 restrictions, more outdoor activities have been introduced such as walking and hiking trails	Follow up with students to obtain suggestions for additional outdoor activities Provide a listing for local walking trails that can be enjoyed by families

District Wellness Goals Expand opportunities to address social, emotional and psychological well being Increase physical activities and nutritional education opportunities	Fully in Place	Partially In Place	Not in Place	List steps that have been taken to implement the goal and list challenges of implementation	List next steps that will be taken to fully implement and/or expand the goal
NUTRITION STANDARDS					
1. Foods offered will meet USDA requirements	X			Foods that are high in fiber, low-fat, and low in added sugar and sodium are offered as part of the meal program. Portion sizes are consistent with USDA standards.	Healthier food offerings provide an opportunity for increased learning on the part of students. The belief is if the students feel better, they will be more motivated to learn.
	X			The food service department solicits input from students, staff, parents and community groups in an effort to receive feedback for the meals being offered.	The food service department staff will continue to communicate with stakeholders so meals remain a positive part of the students' day.
	X			Foods and beverages that are made available for sale on campus during the school day meet Federal nutrition requirements.	The wellness committee will work with the Food Service Director to ensure these requirements continue.
2. To ensure food service staff receive professional development opportunities	X			The food service staff attend professional development opportunities that are required for their respective position. In addition nutritional standards and allergy management were conducted this year.	The wellness committee will work with the Food Service Director to ensure staff meet their required professional development.
3. Snacks consumed by students will be SMART snack approved		X		The district has adopted and implemented SMART snacks for all items sold during school hours.	Staff will be made aware of SMART snacks and will be encouraged to implement them into their classroom setting.
		X		All food and drink vending machines at the high school meet healthy snack requirements.	
4. Water Filling Stations		X		The district is retrofitting its bubblers into water filling stations for staff, students and visitors of the building.	This project remains a work in progress and should be complete by the start of the upcoming school year.

District Wellness Goals Expand opportunities to address social, emotional and psychological well being Increase physical activities and nutritional education opportunities	Fully in Place	Partially In Place	Not in Place	List steps that have been taken to implement the goal and list challenges of implementation	List next steps that will be taken to fully implement and/or expand the goal
OTHER SCHOOL BASED ACTIVITIES					
<i>Food Marketing and Promotion</i>					
1. The district website will have the school wellness policy, regulations and reports available to the community.	X			The Annual Progress Reports are posted each year following the August Board Meeting.	The wellness committee will ensure the website is updated with the latest policy, regulations and progress reports.
2. The district's meal program will ensure that all students have access to nutritious foods.	X			The district participates in the CEP Program. There is no cost to students for their meals. The challenge is to find ways to remain CEP because the district is required to measure its level of eligibility annually.	The district expanded the program to include the high school beginning with the 2020-21 school year.
3. The district's summer meal program will offer free meals to any child 18 years or older.	X X			Meals were given out weekly at the OPEN site, which was the middle school. Programs were advertised through the Putnam Town Crier as well as on the district's website.	The district will continue to advertise this program each year in an effort to increase participation over the prior year.
4. The district will offer an After School Risk Supper Program at its elementary and middle schools.	X X			Any child that participates in a supervised activity at the school after hours is eligible for a free supper. Current participation includes: homework clubs, preschool and after school care programs and Putnam recreation after school care.	The district will continue to advertise this program each year in an effort to increase participation over the prior year. All after school clubs will be offered an opportunity to participate in the program.

District Wellness Goals Expand opportunities to address social, emotional and psychological well being Increase physical activities and nutritional education opportunities	Fully in Place	Partially In Place	Not in Place	List steps that have been taken to implement the goal and list challenges of implementation	List next steps that will be taken to fully implement and/or expand the goal
OTHER SCHOOL BASED ACTIVITIES					
<i>Food Marketing and Promotion</i>					
5. The district will help parents navigate the Smart Snack Rules and Healthy Food Certification requirements.	X			The food service department continues to offer catering services to families for classroom celebrations. All items meet the guidelines and are made available at reasonable costs.	The district will continue to inform parents about the healthy food options that are available to them directly through the district's own food service department.
	X			Parents are informed through a variety of mediums such as: open house, PTO meetings, the food service web page and student information packets. A major challenge was finding ways to adhere to the strict health and COVID guidelines.	School events will continue to be a forum for parents.
6. The district will promote healthy eating and physical activities through the food service department.	X			Students receive positive, motivating messages, both verbal and nonverbal, about healthy eating in the school setting.	The food service department will remain active in its promotion of healthy eating and physical activity opportunities for the students.
	X			Healthy eating and physical activity are promoted to students, parents, staff and the community at meetings, health fairs, the district website and the Family Resource Center newsletters.	The food service department takes advantage of school events to promote a healthy lifestyle.
	X			The Food Service Department offered a month-long challenge for students called: Health.Move.Minds by Shape America. Students enjoyed daily activities and were given a small gift at the end of the challenge.	Each year the food service department promotes events for students.

District Wellness Goals Expand opportunities to address social, emotional and psychological well being Increase physical activities and nutritional education opportunities	Fully in Place	Partially In Place	Not in Place	List steps that have been taken to implement the goal and list challenges of implementation	List next steps that will be taken to fully implement and/or expand the goal
OTHER SCHOOL BASED ACTIVITIES					
<i>Food Marketing and Promotion</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. The school wellness committee has a dedicated section that contains healthy recipes and tips.	The wellness committee will continue its 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.
4. The parents receive regular communication via ParentSquare	X			The Food Service Director in collaboration with the Superintendent used ParentSquare to provide regular communication to parents regarding the changes in the meal program throughout the year. A challenge was that guidance was continually changing and the food service department was making the changes as required.	The wellness committee will ensure that in addition to the district's website, other means of communication with parents will continue, such as ParentSquare.

