

**Putnam Public Schools
School Wellness Policy
Annual Progress Report
2021-2022**

| 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 Education and Physical Activity unit completed in preschool classrooms | X | | | Nutrition and Physical Activity curriculum unit completed in preschool classes for 2 weeks. Lessons planned and implemented around choosing healthy food options as well as physical activities. | Program is fully implemented and will continue to be part of curriculum on an annual basis |
| 2. PES – to increase understanding of nutrition and healthy eating habits | | X | | 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. | Planned activities will be conducted. Recipes and food will be distributed to families. |
| | | X | | 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. | Action plans completed; indoor physical activity, outdoor physical activity and nutrition education. Materials have been purchased and resources compiled Plans being implemented. |

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| 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 | X | | 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. Food and beverage nutritional units incorporated into the Health Career course. Students must think critically and interpret nutritional food labels – and become informed consumers that can make healthy choices. | 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 |

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| PHYSICAL ACTIVITY GOALS | | | | | |
| 1. PES – To increase awareness of the importance of physical activities | | X | | PALS (Physical Activity Learning Sessions) training will be provided related to physical activity for both indoors and outdoors; training offered to staff in preschool. | The program will be delivered in March/April |
| 2. PES – To promote social and emotional opportunities | X | X | | NOW (Northeast Opportunities for Wellness) and Family Resource Center (FRC) Virtual Yoga classes offered for children and families. Virtual Play and Learn Groups focusing on music and movement are offered to children and families. | Program implemented Program implemented weekly |
| 3. PES – To increase the physical health of students | X | | | Each year our 4 th grade students are administered the CT Physical Fitness Test. Lessons are designed and implemented to focus on the following items: curl-ups, push-ups, sit-and-reach and the P.A.C.E.R. test with a high concentration on aerobic fitness and upper body strength. | This is an annual goal of our physical education program. |
| 4. 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. |
| 5. 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. (Second Step Curriculum) |

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| 6. PHS – To increase physical activities and broaden student experiences | X | X | | <p>Due to Covid 19 restrictions, more outdoor activities have been introduced such as walking and hiking trails</p> <p>After school strength and conditioning club offered multiple times a week and open for all students</p> <p>Mindfulness and yoga units incorporated in Life Fitness offer students the opportunity to improve emotional wellbeing, physical health and enhance positive relationships.</p> <p>Individualized fitness plans for each student in life fitness – students learn how to track progress and learn valuable fitness concepts.</p> | <p>Follow up with students to obtain suggestions for additional outdoor activities; provide a listing for local walking trails that can be enjoyed by families</p> <p>Curriculum is being worked on to incorporate these health practices based on the CSTDE 2021 Healthy and Balanced Living Curriculum Framework</p> |
| 7. PHS – To monitor students’ social and emotional well being | X | X | | <p>Purchase of technology app called Mind Tap, which monitors daily emotional state of student</p> <p>Social and emotional lessons are offered in Allied Health Class and incorporated into advisory classes for students in all grade levels</p> | <p>Review student data to drive next steps for responding to student needs</p> <p>Provide support for students through the use of both school personnel and outside agencies</p> |

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| PHYSICAL ACTIVITY GOALS | | | | | |
| 8. PMS and PHS – Support social and emotional needs of students and families | X | | | <p>The district has contracted with a mental health agency for students in Grades 5 through 12. These students will have access to clinical staff implementing a Tier II model. School leaders will work with clinical staff on identification criteria for participation which will include one-to-one support and a minimum of two family counseling sessions.</p> <p>A challenge is that the district has limited access to in-district mental health services and many students lack transportation and financial means to access services outside of school. Another challenge is that families have been directly impacted by COVID-19 and/or experienced a loss of income due to the pandemic. Finally, the district does not have a budget allocation that can support this type of program.</p> | The district will continue to purchase the services of a mental health agency through grant funds to support the program. |

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| 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. |
| 2. Professional development opportunities will be provided to staff | X | | | The food service staff solicit 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. |
| 3. Snacks consumed by students will be SMART snack approved | X | 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. |
| 4. Water Filling Stations | X | | | The food service staff attend professional development opportunities that are required for their respective position. A variety of topics related to school nutrition are offered and employees may select topics of interest to them. Staff also participated in workshops related to COVID and health and safety protocols. | 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. |
| 4. Water Filling Stations | X | | | All food and drink vending machines at the high school meet healthy snack requirements. | This project is now complete. |
| 4. Water Filling Stations | X | | | The district retrofitted its bubblers into water filling stations for staff, students and visitors of the building. | |

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| 5. Home Delivery Service | X | | | The food service department provided meals to students who were out due to COVID or required to quarantine due to COVID. | The food service department will continue to adjust its home delivery service based upon the changes in COVID requirements. |
| 6. Healthy Food Certification requirements are in place | X | | | Foods that meet the healthy food certification requirements are in place for items sold during school hours. Items for ala carte offerings and fundraisers also fall under this category. | The food service department receives additional funding under the Healthy Food Certification Program and will continue to follow the guidelines necessary to keep this funding. |
| 7. After School Supper Program is offered to all students | X | | | The district previously offered the after-school program to elementary and middle school students. Beginning this school year, high school students were added. | The food service department receives additional funding under the after-school supper program (CACFP) and will continue to follow the guidelines necessary to keep this funding. |

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| 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 will promote healthy eating and nutrition education | X | | | Signage, posters and bulletin boards were updated with healthy eating and nutrition education items. | The district will update the areas with new or additional healthy eating and nutrition education topics. |
| | X | | | Creative menus are being used. | Monthly menus will continue to contain creative ideas to stimulate interest in the meal program. |
| 3. The district promotes the meal program by using smarter lunchroom techniques. | X | X | | The district conducted a review of current and new lunchroom techniques and evaluated the ability to implement them. A variety of fruits and vegetables are offered and placed where there is easy access for students. One challenge is students do not want to try new things. They tend to stick with what they know. Covid has created a challenge due to having items being individually wrapped. | |
| 4. The district promotes proper meal hygiene | X | | | Sanitizing stations are located in the entrance and exit areas of the cafeteria. | |

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| 5. The district will solicit student feedback on the meal program | | X | | The Food Service Director is exploring ways to solicit feedback from students on the meal program in an effort to improve meal quality. | The Food Service Director will reach out to other districts for input as it is important to listen to the voices of the students who are participating in the meal program. |
| 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. |

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| 7. Summer Feeding Outreach Program | | X | | The food service department offered healthy eating games and activities to educate and promote healthier lifestyles. | The program offerings were met with positive results. The department will continue these types of activities to continue to educate and instill healthier lifestyles. |
| 8. Seamless Summer Option offered to families | X | | | The district participates in the Seamless Summer Option (SSO) program which provides students with free breakfast and lunch throughout the summer months. | This program supports families by expanding the school-year program to provide nutritious meals to students year round. |

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| OTHER SCHOOL BASED ACTIVITIES | | | | | |
| <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. 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 utilize ParentSquare to provide regular communication to parents if there are changes in the meal program. | The wellness committee will ensure that in addition to the district's website, other means of communication with parents will continue, such as ParentSquare. |
| 5. Community Partnerships | X | | | The Food Service Director in collaboration with the community groups support programs, projects, events and activities associated with health and nutrition. Some activities include working with Daily Bread and local farms. | The wellness committee will ensure that in addition to the district's website, other means of communication with parents will continue, such as ParentSquare. |

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| OTHER SCHOOL BASED ACTIVITIES | | | | | |
| <i>Staff Wellness</i> | | | | | |
| 1. Vaccination Clinics | X | | | The district was able to offer a flu clinic in the fall as well as clinics for the COVID vaccine and COVID booster for those employees who were interested. | The wellness committee will ensure there are annual wellness activities planned for staff. |
| 2. Health education resources will be made available to staff | X | | | Virtual Care Programs and Lifestyle management programs such as weight management, tobacco cessation and stress management are offered through the district's health insurance carrier. E-Mail blasts on health topics were provided to all staff throughout the year. Examples include: Heart Health Month, Cold Weather Fitness Guide, Dermatology Care, and Chronic Health Conditions. The Family Resource Center newsletter provides healthy recipe suggestions. | Through the ECHIP wellness committee and insurance carrier, health education resources will continue to be made available to staff. |
| 3. Self-Help resources will be made available to staff | X | | | The district is part of the ECHIP collaborative which offers an Employee Assistance Program for staff. A variety of self-help resources are available through the district's EAP program. Some examples include: personal finance, emotional well being, loss and grief, work-life balance, wills and other legal forms and parenting. Free wellness coaching is also a part of the program. | Through the ECHIP wellness committee and employee assistance program, self-help resources will continue to be made available to staff. |

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| <i>Staff Wellness</i> | | | | | |
| 4. The district will provide wellness activities for staff | X | | | Staff offered "Getting to the Other Side" series in February – focused on mindfulness, self-care and building resiliency during the pandemic. | The wellness committee will ensure there are annual wellness activities planned for staff. |
| | X | | | A five-mile run activity was offered in March | Wellness activities offered and topics delivered |
| | X | | | A Carotid Intima Media Thickness or CIMT screening was offered in April. | |
| | X | | | A Virtual Health Fair was offered to employees in May | |
| 5. CPR Certification | X | | | The district offers CPR certification programs for those who are mandated to have the certification. Employees who express an interest are welcome to participate. | The wellness committee will ensure there are annual wellness activities planned for staff. |

If you are interested in serving on the school wellness committee, please contact Nancy T. Cole, Business Administrator, Email: colen@putnam.k12.ct.us, Phone: 860-963-6900 Ext 5003. The School Wellness Policy, Regulations, Reports and other resources can be found on the district website: www.putnam.k12.ct.us. Below is the link.
https://www.putnamschoolsct.org/sites/g/files/vyhlf4901/f/uploads/annual_progress_report_2020-21.pdf