

## Stonington Public Schools Wellness Plan 2019-2022

Goal	Output	Outcome-Evidence of Completion	Timeline/Point Person
Ensure Stonington Public Schools is in <b>compliance</b> with federal and state wellness standards and regulations.			
	Development of a District Wellness Committee	Committee members identified, meeting calendar set, agendas and minutes compiled.	M. Butler/G. Shettle May 2018
	Draft of an updated Wellness Policy	Board Approval and dissemination of policy to schools	M. Butler November 2018
	Monitor implementation of Wellness Policy	End of year wellness forms completed by principals and sent to CO	M. Butler June 2019 and subsequent end of school years
		Provide feedback to building leaders specific to breaches in implementation	M. Butler ongoing at weekly Leadership Team meetings
		Complete triennial report to the Board and publish on website for parents and families	M. Butler June 2022
	Maintain compliance of Healthy Food Certification	Board approval of the Healthy Food Certification annually with food and beverage exemptions	G. Shettle May 2019 and subsequent end of school years

Promote wellness practices through <b>communication</b> with families and staff.			M.Butler B. Fowler G. DiBiasi PE teachers K-12
	Inform families about the district’s wellness policy	Publication of the policy on the district and school websites, through the registration process, and back to school packets.	M. Butler G. DiBiasi
	Provide online resources to support Wellness inside and outside of the school day.	Additions to the existing web page of lists of events, practices, and resources to promote wellness.	M.Breen J. Bausch J. Bradinini District Wellness Committee Members
Provide <b>programming</b> for all students to promote wellness			
	Develop updated standards-based K-12 health curriculum	BOE approval of the K-12 health curriculum	M. Butler J. Bausch October 2019
	Develop updated standards-based K-12 PE curriculum	BOE approval of the K-12 PE curriculum	M. Butler J. Bausch June 2020
	Develop partnerships with local farms to include Stonington/Mystic produce in the school lunch program	Identify and secure lists of produce and schedule delivery for use in the SPS lunch program	B. Fowler June 2019
	Develop partnerships with local farms to include on site programming for students	Partner with local farms as part of grade 6 health and wellness programming	M.Butler September 2019
	Increase opportunities for movement during	Use of instructional strategies that allow	M.Butler M. Friese

	the instructional day and after school at all grade level bands	for movement in class, in addition to movement breaks at the high school	T. Smith J. McCurdy A. Dawe September 2019
	Inform the Teaching and Learning Committee of programming to promote mental health.	Report to Teaching and Learning with discussion of new supports to decrease student anxiety and school avoidance.	A.VanEtten M.Butler May 2019