

## Wellness Policy Building Annual Progress Report 2018-2019

School Name: \_\_\_Plymouth Public Schools\_\_\_ Wellness Contact Name/E-mail: \_\_\_Jennifer Parsons (parsonsj@plymouth.k12.ct.us)\_\_\_

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals (listed in blue). Schools should document the steps that have or will be taken in green.

Year 1: 2018-19      Year 2: 2019-20      Year 3: 2020-21

Wellness Policy Language	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<p><i>Goals for Nutrition Promotion and Education</i></p> <ul style="list-style-type: none"> <li>Support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.</li> </ul>	X			Meals and ala carte selections meet all federal and state requirements.	<p>Elementary ala carte on same page? Parent education around snacks/moderation What would be interaction with CEP/equity issue</p> <p>THS: ETJ: FES: PCS:</p>
<ul style="list-style-type: none"> <li>Foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.</li> </ul>		X		<p>Curriculum in place Need to check for alignment of behaviors</p>	<p>Clarify no food as reward/ no take away recess as punishments Teacher education - teachers giving out food Parent education - what is sent in, power foods, snacks Consistency across buildings</p> <p>THS: ETJ: FES: PCS:</p>
<ul style="list-style-type: none"> <li>Nutrition education will be part of</li> </ul>	X			Health curriculum revised summer on	Double check documentation

the District's comprehensive standards-based school health education program and curriculum.			2018, implemented 18-19, 3-4 lessons per grade level	Potential health fair at the end of the year to catch up on those who did not have prior lessons  THS: ETJ: FES: PCS:
<i>Goals for Physical Activity</i> <ul style="list-style-type: none"> <li>Schools will support and promote an active lifestyle for students.</li> </ul>		X	Athletics 6-12, Sports Clubs K-5, Ski Club, time for activity within day	Transportation, more options  THS: ETJ: FES: PCS:
<ul style="list-style-type: none"> <li>Physical education will be offered in all grades and shall include a standards-based, developmentally planned and sequential curriculum.</li> </ul>	X		PK-10, electives for 11/12th grade	Revisions may be needed HS Reform is dictating +.5 Health in 9th grade  THS: ETJ: FES: PCS:
<ul style="list-style-type: none"> <li>Unless otherwise exempt, all students will be required to engage in the District's physical education program.</li> </ul>	X		Per Policy, notes from doctor, nurse or parent approved No changing at MS	Check if kids have to sit out because of dress or shoes Accessibility for students with special needs?  THS: ETJ: FES: PCS:
<ul style="list-style-type: none"> <li>Recess and other physical activity breaks; before and after school activities, and walking and bicycling to schools, where safe</li> </ul>		X	Bike racks at schools, kids do walk/bike Transportation policy around distance for walking/biking Recess K-5	Explore recess 6-8 Explore options for school wide/town wide events PCS, grade 5 walks, Friday walks

to do so, are supported by the board.				Elementary - brain breaks? Supported (not promoted)	Continue to monitor level of activity at recess, weigh with supervision and safety - PTA  THS: ETJ: FES: PCS:
<i>Nutrition Guidelines for Foods Sold in Schools</i> <ul style="list-style-type: none"> <li>Students will be offered, and schools will promote nutritious food choices consistent with the current Dietary Guidelines for Americans and <u>My Plate</u>.</li> </ul>	X			USDA Guidelines align with this Required to follow USDA meal patterns	Posters and signage in cafeteria Health classes Double chance to take fruit/sharing table  THS: ETJ: FES: PCS:
<ul style="list-style-type: none"> <li>The District shall prohibit the sale of foods of minimal nutritional value (as defined by USDA) and will ensure that all foods sold to students separately from school meals meet the CT Nutrition Standards.</li> </ul>	X			Healthy Foods Certification aligns with this  Fundraising exemption after school hours	
<i>Reimbursable School Meals</i> <ul style="list-style-type: none"> <li>Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the national School Lunch Program and/or School Breakfast Program.</li> </ul>	X			Food Service Director ensures these standards are met through menu planning and food purchasing programs	
<i>Marketing:</i> <ul style="list-style-type: none"> <li>Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or</li> </ul>	X			Healthy Foods Certification aligns with this - applies to food sold in and out of cafeterias  Approval of fundraisers has a process	Continue to explore after school athlete packs  THS: ETJ:

exceed the USDA “Smart Snacks in School” nutrition standards.				as well	FES: PCS:
<i>Monitoring:</i> <ul style="list-style-type: none"> <li>Retain all documentation including each school’s three year assessment and evaluation report</li> </ul>		X		Given this is a new policy we have not yet hit the 3 year mark	19-20 Schools will reflect on their action steps and complete their section of this plan
<ul style="list-style-type: none"> <li>Periodical review data and report to the board of education</li> </ul>		X		Will report to BOE at three year mark	
<i>Community Input:</i> <ul style="list-style-type: none"> <li>Establish a wellness committee with community involvement.</li> </ul>		X		Committee membership is posted online, currently we have two parents	Look for community organizations and connections (VNA/Bristol Hospital/etc...)
<i>Evaluation:</i> <ul style="list-style-type: none"> <li>Evaluate efforts and implementation at the district level every three years.</li> <li>Make public the wellness policy, District and School plans, summaries of events, contact information for wellness team, and information on getting involved on the website.</li> </ul>		X		Reflect on this plan annually and at the end of the three year period  Continue to post documents online as they are created	

Wellness Policy Coordinator: Jennifer Parsons, Director of Curriculum & Instruction (with Trish Molloy, Director of Food Services & Carol Giannini, Head Nurse)

Terryville High School Contact: Pat Norton

Eli Terry Jr. Middle School Contact: Stephanie Fuller

Plymouth Center School Contact: Jill Levandoski

Fisher Elementary School Contact: Jill Levandoski