

Wellness Committee Annual Report

June 2017

Wellness Policy Reporting

The Wellness Committee, working with the School Food Service Provider staff and school administration, will report publicly to the Superintendent and the School Committee on the wellness policy implementation, and evaluation on an annual basis.

Our Wellness Committee is comprised of thirty dedicated members from various community groups. Parents, school administrators, school health professionals, food service personnel, physical education teachers and school committee members met quarterly to review, revise and measure the implementation of the policy.

Update on Goals of the Policy Implementation 2016-2017

Programs and Activities Implemented this Year to Support Each Wellness Goal

1. **Provide a comprehensive learning environment for developing lifelong wellness behaviors for students and staff in all schools in the district.**
 - a. Two of our PE teachers and a school nurse teacher implemented the 5210 program at three of the elementary schools (MES, WES, and WKES).
 - b. Special food tasting of the month took place at MES and WKES.
 - c. A Kinesthetic Classroom Research Study (URI) was conducted at WKES encouraging movement throughout the day.
 - d. Each elementary school had scheduled Walk/Bike to school Wednesdays.
 - e. The PBIS, Olweus Bully Prevention Program and the Social Skills Improvement System curriculum support developing positive lifelong wellness behaviors.

2. **Support and promote proper dietary habits contributing to students' health status and academic performance.**
 - a. Logistics still being finalized for the Grab and Go Breakfast Program at PDES. This program is to be implemented next year.
 - b. At MES the PTO supported a food tasting once per month. These are new foods students may not have had an opportunity to sample at home.
 - c. Salad bar is provided at WES, WKES, and MES. PDES has not had the opportunity due to the size of the school. This is something we will discuss with food service to see how we can logistically make it happen there.

- d. A local farm donated vegetable plants to MES for students to grow at home and learn about the farm to home concept.

3. Provide opportunities for students and staff to engage in physical activity.

- a. Our school district employees participated in the “Walking Challenge” supported by the Trust. This program ran from April through the end of May.
- b. BOKS Program-WES parents were trained the second half of this year and will offer the program at the school next year. The high school will offer the program to students on the Wednesday mornings during the teachers’ CPT time.
- c. Each elementary school provided a time for students to use the playground before the start of the school day to encourage movement and activity.
- d. Each school scheduled Walk/Bike to School Wednesdays.
- e. The recess temperature guidelines were changed to allow for more outside recess during the winter months.
- f. The Fuel Up to Play 60 program was funded and implemented at MES. Fuel up to Play 60 is an in-school nutrition and physical activity program launched by the National Dairy Council and the NFL, in collaboration with the USDA, to help encourage today’s youth to lead healthier lives.
- g. Conducted the Kinesthetic Classroom Research Study that encourages movement and activity throughout the school day.

Evaluation of Policy Implementation

- Goal 1 - was partially implemented this year
- Goal 2- was partially implemented this year
- Goal 3- was fully implemented this year

Next Steps

- Goal 1- investigate ways to embed the 5210 program into the PE program at PDES
- Goal 2- investigate ways to provide food tastings and a salad bar option at PDES
- Invite representatives from middle and high school to be on the committee providing a more diverse group to explore wellness initiatives