



WATERBURY PUBLIC SCHOOLS
DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION

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Health. Moves. Minds.

Wellness Policy Goals for SY 2017-2019

Nutrition Promotion:

1. **Goal #1: With building administrators' support, increase participatory activities such as contests, promotions, farm visits and experience working in school gardens by 10% in SY 2017-19.**

Progress to Date 9-16-19: Breakfast contests – coloring – importance of breakfast. March 5-9 is National Breakfast month (should be week). There will be 3 short videos on easy breakfast – Waterbury not just baby fat site / Shamrock smoothies / CHS culinary program March / April. Parent liaison meeting – speech and kids recipe table. Rotella and Duggan food coops

2. **Goal #2: Students will have opportunities to taste foods that are low in saturated and trans-fats, sodium and added sugar. School meals will include a variety of healthy choices while accommodating special dietary needs.**

Progress to Date 9-16-19: :

- Cooking schools meals from scratch ½ of all meals/menus. USDA standards compliant and a lot more fresh fruit/vegetables from local producers.
- Feeding and swallowing policy is now well established – not an issue.

3. **Goal #3: Promotion of adequate nutrient intake and healthy eating practices: skill development such as reading labels to evaluate the nutrient quality of foods, meal planning, and analysis of health information to be offered.**

Progress to Date 9-16-19: Health Education staple of health education nutrition units. Food Service – weekly updates to school secretaries with weekly notices on fresh fruit and vegetable program. We don't know how well this is distributed throughout the schools.

4. **Goal #4: Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety to be offered.**

Progress to Date 9-16-19: Distributed as included with monthly menus.

5. **Goal #5: Examination of problems associated with food marketing to children.**

Progress to Date 9-16-19: Health Education – low fat assess.

6. **Goal #6: Families will be requested to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.**

Progress to Date 9-16-19: Not yet – Particular concern re: kids with special dietary needs 2/21 Linda Salvador presenting nutritional guidance to parent liaisons.

Nutrition Education:

1. **Goal #1: With building administrators' support, increase delivery of elementary nutrition education instruction by classroom teachers at all K-5 and KPK-8 schools by 10% in SY 2017-18. (Staff will only use approved nutrition curriculum in the classroom – i.e. "Team Nutrition" products). Nutrition education programs will be linked to school meal programs, school gardens, cafeteria nutrition promotion, after-school programs and farm-to-school programs. Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods and accurate portion sizes. Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, presentations and workshops. The school menu will be posted on-line.**

Progress to Date 9-16-19: Minimal Team Nutrition materials shared with individual classes at Bunker Hill 2017, Hopeville 2017, Duggan, print materials distributed to Tinker, Carrington.

- Lack of health instruction has reduced linkages most.
- Posters given to teachers and put up in the cafeteria.
- Food service through district website school newsletters.

2. **Goal #2: Collaborate with Food Services to create a 10% increase in guest speaker appearances by dieticians in Middle and High School Health classes during SY 2017-18.**

Progress to Date 9-16-19: Not begun – carry forward to high school in 2019-2020.

3. **Goal #3: Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them). Staff is strongly encouraged to model healthful eating habits. Staff is discouraged to eat or drink out of branded packaging in front of children.**

Progress to Date 9-16-19: Professional Development session with Health and Physical Education staff November, 2019.

Physical Education:

1. **Goal #1: Score within 5% or higher of record-setting 2016 CPFA student performance benchmark when administering the 2017 CPFA.**

Progress to Date 5-16-19: Met – District performed at 52.3% of students passing all four

2. **Goal #2: Increase high school class participation rates by 5% or more as a result of implementing non-team sports curriculum in Health and Physical Education and implementation of HPE 841 – Health, Wellness and Recreation Skills I**

3. Progress to Date 9-16-19: Joseph Gorman will survey teachers in November, 2019.

Physical Activity:

1. **Goal #1: Advocate to maintain elementary school daily recess at 20 minutes per day.**

Progress to Date 9-16-19: Met * Advocate for school recess to be scheduled before lunches.

2. **Goal #2: Advocate to maintain K-5 Intramural tennis programs at Wendell Cross, Walsh, Tinker and Washington Schools.**

Progress to Date 6-16-19: Failed; Program discontinued in 2018-2019.

School-based activities that promote wellness:

1. **Goal #1: Expand participation in the Waterbury Kids' Marathon from 19 to all 24 Elementary and Middle Schools in 2018.**

Progress to Date 5-1-19: Met - 23 Participating - Walsh students participate through PAL

2. **Goal #2: Recruit 2 or more elementary schools to consistently implement active classroom strategies (brain breaks, energizers, cross-disciplinary dynamic teaching methods as part of the regular school day) during SY 2017-18.**

Progress to Date 9-16-19: Enlightenment / Kingsbury, Adult Ed, Regan

3. **Work with the Instructional Leadership Directors to recruit one (1) person at each school to lead/monitor/report progress on their school wellness plan, and to represent their school on the School Health and Wellness Advisory Council.**

Progress to Date 11-16-18: Met.