



Wellness Committee

Members:

- Gina Prisco, Chair
- Lisa Connor, Board of Education
- Brian Hocking, Teacher
- Lola Johnson, Secretary
- Stacey Katz, Nurse Supervisor
- Greg Kula, Facilities Manager
- Shannon Martinello, Parent and School Medical Advisor
- Al Pullo, Director of Business Services & Operations
- Jane Roddy, Kitchen Supervisor
- Caron Stebinger, Teacher
- Diane Taubner, Parent
- Penny Zamkov, Parent



The Woodbridge School District has a “Wellness Policy” that emphasizes the importance of creating a school environment that promotes the health and well-being of students, as well as academic success.

Research clearly shows that nutrition and physical activity are directly linked to academic achievement.

Student fitness levels have been correlated with academic achievement, including improved math, reading, and writing scores.



Initiatives

Suggested Non-Food Ways for Parents to Celebrate in School

- ❖ Complete a small craft/project
- ❖ Let your child choose a “guest reader” (parent/grandparent/sibling)
- ❖ Donate a favorite book to the classroom library

Suggested Non-Food Ways for Schools to Celebrate Birthdays

- ❖ Bulletin Board with students’ birthdays
- ❖ Monthly “Happy Birthday Song” during lunch

Environmental Stewards formed “Waste Watchers”

- ❖ Members stationed at containers each lunch wave to assure students were using correct receptacles for waste and recycling

Kitchen Passes Administrative Review

- ❖ Comprehensive review that occurs every three years; includes menu and nutritional analysis, kitchen staff procedures (prep, serve, and POS). Department received 100% compliance rating in this area.



Initiatives (continued)

- ❖ -Jump Rope For Heart (Primary)
- ❖ -Jump Rope For Heart (Intermediate)
- ❖ -Swim For Heart (sixth grade) (1st one in the State for Elementary Schools, 2nd in the State-all school)
- ❖ -5th Grade Swimming Olympics
- ❖ -6th Grade Field Day at the Junior High School
- ❖ -Running Club in the Morning at the Corn Field
- ❖ -Day 100 First Grade Physical Exercise!





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- Lola Johnson, Secretary
- Stacey Katz, Nurse Supervisor
- Greg Kula, Facilities Manager
- John Laudano, Q.V.H.D – Health Inspector
- Shannon Martinello, Parent and School Medical Advisor
- Gina Prisco, Principal
- Al Pullo, Director of Business Services & Operations, TfS Coordinator
- Jane Roddy, Kitchen Supervisor
- Caron Stebinger, Teacher

Tools for Schools

(a sub-committee of Wellness)



**An Indoor Air Quality Program
created by the Environmental
Protection Agency to help schools
assess and improve indoor air
quality. Local oversight through the
Connecticut Department of Public
Health**

Noteworthy



Item	2012	2015
Ceiling tiles free from leaks or discoloration	53%	82%
Drafts have been prevented	39%	98%
My classroom rugs are less than 5 years old	41%	73%
My classroom windows are operable	68%	97%

Survey Participation consistent at 52%

Initiatives



- ❖ Continued systematic replacement of classroom rugs: K, C, and D wings slated for summer 2015. (A & B wings completed last summer)
- ❖ Install coat hooks and floor shelves for closets (A,B,C wings)
- ❖ Introduce guidance on planning for upholstered classroom furniture replacement
- ❖ Teacher / Custodian responsibilities will be included in welcome back packet
- ❖ Building upgrade scheduled for completion December 2015



Thank You!

