



Woodbridge School District Wellness Committee & Tools for Schools Committee

SY 2016-17



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.



	Wellness Committee	Tools for Schools Committee
Gina Prisco, Principal (Chair - Wellness)	Yes	Yes
Lisa Connor, Board of Education	Yes	
Brian Hocking, Health / P.E. Teacher	Yes	
Lola Johnson, Secretary	Yes	Yes
Stacey Katz, R.N., Nurse Supervisor	Yes	Yes
Greg Kula, Facilities Manager	Yes	Yes
Shannon Martinello M.D., Medical Advisor	Yes	
Jane Roddy, Kitchen Supervisor	Yes	Yes
Caron Stebinger, Science - Teacher	Yes	Yes
Andrew Lavaway, Health / P.E. - Teacher	Yes	
Aimee Meacham, P.T.O.		Yes
John Laudano, QVHD Health Official		Yes
Al Pullo, Director of Business & Operations (Tools for Schools - Coordinator)	Yes	Yes

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

- ❖ Birthday Pencils monthly given out by Mrs. Sherman and Mrs. Prisco

Environmental Stewards formed “Waste Watchers”

- ❖ Receptacles for waste and recycling in cafeteria



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
- ❖ Learn to Swim (Grades 1 & 2)
- ❖ -6th Grade Field Day at the Junior High School
- ❖ -Running Club in the Morning at the Corn Field
- ❖ -Day 100 First Grade Physical Exercise!



Wellness Committee continues the work of the Superintendent's Cafeteria Task Force

- Task Force created in February 2015
- Diverse membership including Various Staff, Administrators, Parent(s), School Board Members, Nutrition Consultant
- Work continues through the Wellness Committee

Key Outcomes

- Menu Enhancements focus on increased nutritional offerings
- Farm to School
- Guest chefs & demonstrations
- Tastings - students evaluate potential menu items
- Increased student participation in lunch program



Cafeteria/Lunch Menu

<http://www.woodbridge.k12.ct.us/page.cfm?p=512>



Beecher Road School

MENUS FOR JUNE 2017

This institution is an equal opportunity provider. Menus are subject to change.

Monday, June 5	Tuesday, June 6	Wednesday, June 7	Thursday, June 8	Friday, June 9
-E- Alternate Entrée Or Ternyaki Chicken Nuggets Brown Rice Corn Fruit Choice	-F- Alternate Entrée Or Beef Patty on Roll with Cheese, Lettuce, Tomato, Pickle Sweet Potato Fries Fruit Choice	-A- Alternate Entrée Or Emies' Pizza Day Carrot Sticks Garden Salad Fruit Choices	-B- Alternate Entrée Or Pancakes Sausage Links Hash Brown Fruit Choice	-C- Alternate Entrée Or Penne with meat sauce Bread Stick Garden Salad Fruit Choice

Thursday, June 1	Friday, June 2
-C- Alternate Entrée Or French Toast Sticks Cheddar Omelet Oven Roasted Potato Wedges Chilled Applesauce	-D- Alternate Entrée Or Crispy Chicken Nuggets Potato Rounds Quinoa Salad Fruit Choice

Alternate Entrée

Assorted Sandwiches: Tuna, Turkey & Cheese, Turkey, Ham & Cheese, Ham, Bologna & Cheese, Bologna and Egg, Sliced Pepponi
Veggie-Tray: May include Broccoli, Baby Carrots, Cherry, Cherry Tomatoes, Hummus, Green Pepper, Edamame, Bean Salad.
Casseroles
Milk Offered with All Meals: Fat Free Chocolate, 1% White, Fat Free White, Lactaid
Alternate Entrée Choice: Salad Bar, Bento Box Assortment, Salad Assortment, Sandwich Assortment

DON'T GET TALKED AT TAKE AT LEAST ONE FRUIT OR VEGGIE and at least THREE more total every year! include vegetables on a complete meal!

SUNDAY JUNE 18, 2017

FATHER'S DAY

Monday, June 12	Tuesday, June 13	Wednesday, June 14	Thursday, June 15
-D- Alternate Entrée Or Crispy Chicken Nuggets Potato Rounds Corn Fruit Choice	-E- Alternate Entrée Or French Toast Sticks Cheddar Omelet Oven Roasted Potato Wedges Chilled Applesauce	-F- Alternate Entrée Or Emies' Pizza Day Carrot Sticks Garden Salad Fruit Choices	-A- Alternate Entrée Or "Bag Lunch" Turkey Sandwich Carrot Sticks Apples

sandwiches • salads • fruits • milk

Free Summer Meals!
Comidas de Verano Gratis!

Kids and teens \$8 and under
Niños y adolescentes de \$8 años y menos

FOR SITES NEAR YOU, CALL LILLIAN @ 211
TEXT CTmeals to 877877
www.CTSummerMeals.org

SCHOOL LUNCH PROGRAM INSIGHTS

Meal Change Guidelines

BRS School Lunch - an Inside View

Cafeteria Task Force Summary - C. Wallace

A LA CARTE ITEMS

- SEA SALT & VINEGAR CHIPS
- SEA SALT CHIPS
- LINDENS CHOC CHIP COOKIES
- LINDENS BUTTER CRUNCH
- LINDENS FUDGE COOKIE
- PRETZEL
- GRANOLA BARS
- SALVED BAKED CHIPS
- SALVED BBQ CHIPS
- KETTLE POPCORN
- LAYS BBQ
- LAYS CHIPS
- SMARTFOOD POPCORN
- OTIS SPUKMYER MUFFINS (APPLE CINN., BLUEBERRY, CHOC. CHIP)
- CEREAL (CHEERIOS, HONEY NUT CHEERIOS, RICE KRISPIES, WHEAT CHEX, MULTI GRAIN CHERRIOS)
- ICE CREAM (PUSHPOP, CHOCOLATE SHORTCAKE, STRAWBERRY SHORTCAKE)
- CEREAL BAR
- SOFTSERVE YOGURT (VANILLA, CHOCOLATE)
- KALE CHIPS
- BROWNIE COOKIE
- RAISINS
- BUNNY COOKIE
- SNOWFLAKE COOKIE
- FIG NEWTON
- CHEEZ ITS
- SHAMROCK COOKIES
- PARFAIT (STRAWBERRY, BLUEBERRY)
- BAGELS, BAGEL W/CREAM CHEESE

MILK = 1% MILK, SKIM MILK, LACTAIDE, FAT FREE CHOCOLATE

JUICES = ORANGE, APPLE, FRUIT PUNCH

WATER = 8 OZ. WATER, 16 OZ WATER, HINT FLAVORED WATER, HINT FIZZ

SANDWICHES = CHEESE, TUNA, EGG SALAD, BOLOGNA, BOLOGNA & CHEESE, TURKEY, TURKEY & CHEESE, HAM, HAM & CHEESE, ROAST BEEF, ROAST BEEF AND CHEESE.

BENTO BOXES = HUMMUS BENTO BOX, YOGURT BENTO BOX

myPayments plus

Tools for Schools

(a sub-group of Wellness Committee)



An Indoor Air Quality Program created by the Environmental Protection Agency to help schools assess and improve indoor air quality, and maintain health of students and staff. Oversight provided by the local (QVHD) and state (Ct DPH) health departments.

Key Initiatives

- ❖ Continued systematic replacement of classroom rugs:



- ❖ A & B wings completed summer 2014;
 - ❖ C and K wings completed summer 2015;
 - ❖ D wing completed summer 2016;
 - ❖ S wing slated for summer 2017
-
- ❖ Reinforce guidance on planning for upholstered classroom furniture replacement.
-
- ❖ Teacher / Custodian responsibilities included in welcome back packet.

Noteables

Item	2012	2016
Staff survey participation	52%	86%
Ceilings tiles free of leaks	39%	70%
Classroom rugs less than 5 yrs old	41%	76%
Classroom windows are operable	68%	86%



Quotables

“The school remains in exceptional condition. The Tools for Schools team has again shown that continuous improvement is possible and achievable.”

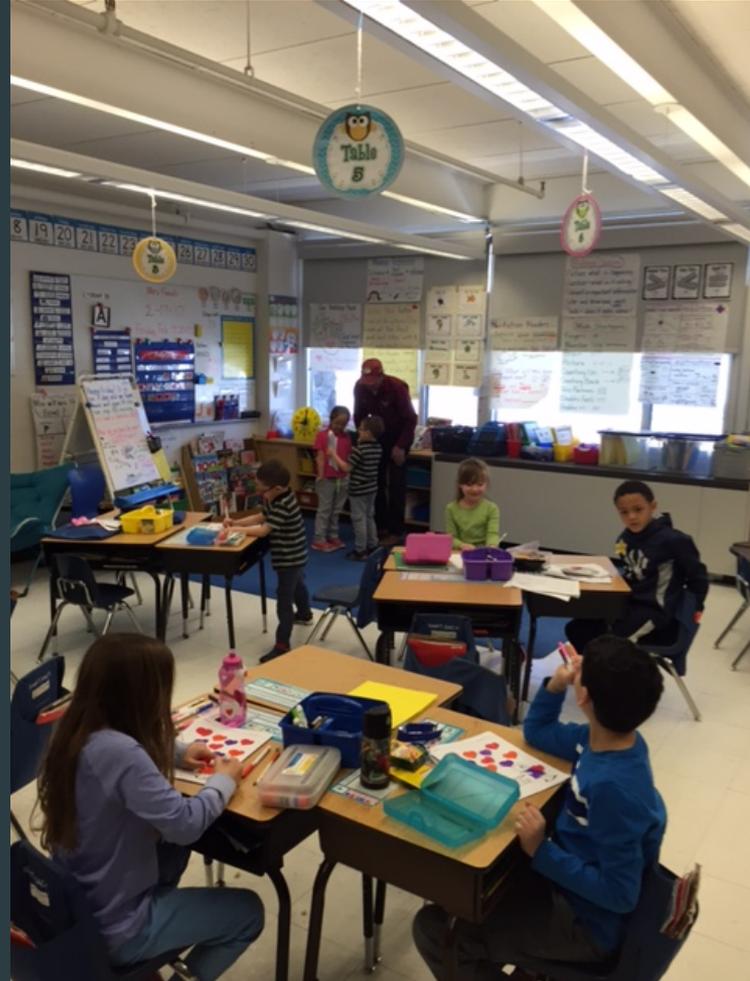
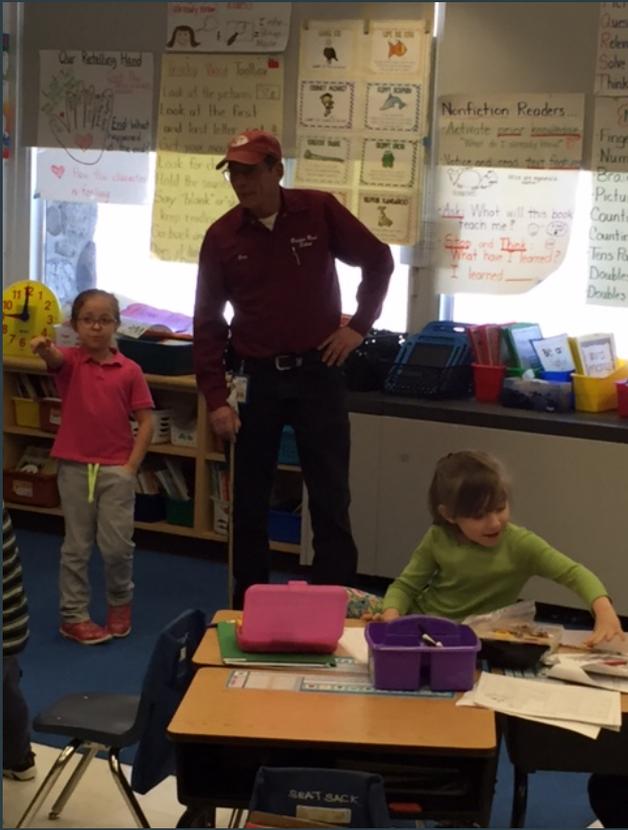
John Laudano, Health Official, Quinnipiac Valley Health District
2016-2017 Annual Inspection Report of the Beecher Road School.

New Discoveries

Issue: Teacher provided feedback through survey response that during certain times of the day, for unknown reasons, the room would get “stuffy and excessively warm.”

Finding: Through classroom visits, discussions with teacher and engineers, and the use of data logger, it was discovered that the room became stuffy and excessively warm when the smart board was in use. This led to further discovery that the room’s HVAC unit is connected to the occupancy sensor. Simply stated; when the teacher turned the lights off in order to use the smart board, the room went into unoccupied mode shutting off the HVAC unit which in turn the exchange of fresh air.

Solution: Discussions working towards a solution continue. Staff updates will continue to be provided.



Tools for Schools Committee

Celebrating 5 years of work improving the indoor air quality at Beecher Road School.

Open Communication continues to be the main driver behind our success. Thank you faculty and staff.

See you next year!



Thank You!

