

Woodbridge School District

Wellness & Tools for Schools

Committees

SY 2017-18



WELLNESS COMMITTEE

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.



COMMITTEE MEMBERS

| | Wellness Committee | Tools for Schools <u>Committee</u> |
|--|-----------------------|---|
| Gina Prisco, Principal (Chair – Wellness) | Yes | Yes |
| Lyn Piascyk, Board of Education (partial year) | | Yes |
| Lola Johnson, Secretary | Yes | Yes |
| Stacey Katz, R.N., Nurse Supervisor | Yes | Yes |
| Vito Esparo, 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 | |
| Darytzabel Morales, P.T.O. | | Yes |
| John Laudano, QVHD Health Official | | Yes |
| Al Pullo, Director of Business & Operations | Yes | Yes |

WELLNESS: SY 2018 OUTCOMES

- 1: WellSAT-III we will be using this as our assessment tool for evaluating our progress.
- 2: Wellness Policy revision to Include information on beverages served.

 Cafeteria Taste Testings (5)
- 3: Staff Wellness Opportunities:
 Early morning basketball
 Participate with students during class yoga
 Family Yoga
- 4: Partnering with Community Organizations for physical education activities.

 Jump rope for heart

 Swim for heart

 BRS School-Wide Field Day

 Field Day-PTA

 Swim Olympics-PTA
- 5: Information distribution to the Community BRS website
 Parent Handbook
 Principal's Message
 Flyer/Poster to be posted in September at the Town Hall and Library describing the Wellness Committee



Calling All Composters!

Woodbridge Sustainability Committee is working to reduce food waste at Beecher!

Pilot Program: Tuesday May 22 & Wednesday May 23, 2018

How to Pack a Waste Free Lunch









- Start with a reusable lunch bag
- Use reusable containers like bento boxes, thermos
- Pack drinks in a reusable bottle
- Stick with durable utensils instead of disposable
- Cloth napkins

Avoid

- Disposable lunch bags such as Paper bags
- Plastic bags or foil for sandwiches/snacks
- Single served items in plastic or cardboard packaging
- Disposable or single use drink cartons, juice boxes or water bottles
- Paper napkins
- Plastic forks/spoons/knives

Take the Challenge, Reduce Your Waste! Every little bit helps!

Re-think your lunchbox.







Good.

Simple.

Fun.

Heip Beecher Road School reduce food waste!

If questions or interested, contact Carissa or Hillary at Woodbridge.Composts@gmail.com

Don't miss the drop-in crafts at the Woodbridge Library 5/22 3:30-5p & 5/26 2-3p

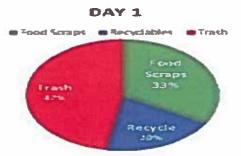
Calling All Composters!

Woodbridge Sustainability Committee is working to reduce food waste at Beecher!

On 5/22-23 parent volunteers helped kids sort their waste into Trash/ Recycle / Food Scraps



At the end of both days we weighed the waste





- Trash: 68 lbs (47.2%)
- Recyclables: 28 lbs (19.4%)
- Food Scraps: 48 lbs (33.3%)



Total Cafeteria Waste: 210 lbs

- Trash: 45 lbs (21.4%)
- Recyclables: 60 lbs (28.5%)

Scraps

DAY 2

-Food Scraps -Recyclables -Trash

Trach

21.96

Recycle 29%

Food Scraps: 105 lbs (50%)

If we sort cafeteria waste full time and properly dispose of food scraps and recycling, we can reduce our waste by at least 50%!

Help the Compost Initiative go full time for Fall 2018!

Contact Carissa or Hillary at Woodbridge.Composts@gmail.com

TOOLS FOR SCHOOLS

An Indoor Air Quality (IAQ) program created by the Environmental Protection Agency to help schools assess and improve indoor air quality, and to maintain health of students and staff.

Publishes and Reviews Annual Classroom Environment Survey...

70% of Faculty Provided Survey Responses

- Conducts Walk Through Observations
- Share and Discuss Findings with Staff
- Recommend and Implement IAQ Procedures



Q. HOW DOES TOOLS FOR SCHOOLS FIT IN WITH THE SCHOOL'S REGULAR MAINTENANCE PROGRAM?

A. IT IS ACTUALLY A HAND-IN-GLOVE CONNECTION.

- Fix-It online work order system (also provides history & tracking)
- Unresolved Issues Included in Survey Responses
- Clarification of Maintenance v. Staff Responsibilities
- Upholstered Furniture / Personal Care Products
- Approved Cleaners
- IAQ Issues Year-Round Routed Through TfS Process
- Communication Is A Must



TOOLS FOR SCHOOLS: SY 2018 OUTCOMES

- Continued systematic replacement of classroom rugs (A & B wing classrooms)
- Reinforce guidance on planning for upholstered classroom furniture replacement.
- Teacher / Custodian responsibilities included in welcome back packet.



BEAUTIFICATION COMMITTEE

- Grant Funded Initiative (one year)
- Enhance Student Environment
 - Painted North Entry Foyer, Hallway, & South Gym (in process)
 - Improvement of Lost & Found Table
 - Framed Student Artwork
 - Wall Mats for South Gymnasium
 - Other South Gymnasium Enhancements
 - Climbing Wall P.T.O. Funded



For more information, please visit our websites

Wellness Policy Online:

https://www.woodbridge.k12.ct.us/uploaded/Cafeteria/Wellness Policy.pdf

Woodbridge School Lunch Program:

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





Questions?

