



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

	<u>Wellness Committee</u>	<u>Tools for Schools 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.

Help 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

DAY 1

Food Scraps Recyclables Trash



Total Cafeteria Waste: 144 lbs

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



DAY 2

Food Scraps Recyclables Trash



Total Cafeteria Waste: 210 lbs

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

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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?

