

Woodbridge School District

Wellness * Tools for Schools * Beautification

Committees

SY 2018-19



Responsibilities of the School Wellness Team:

1. To implement the District Nutrition and Physical Activity Standards.
2. To integrate nutrition and physical activity in the overall curriculum.
3. To assure that there are staff professional development opportunities to address nutrition and physical activity issues.
4. To serve as a resource to school sites (e.g. providing lists of healthful incentives and snacks, ideas for birthday celebrations, etc.).
5. To assure that students receive nutrition education and engage in rigorous physical activity.
6. To pursue contracts with outside vendors that encourage healthful eating
7. To encourage healthful choices among all school venues that involve the sale of food.
8. The Wellness policy will be assessed every three years, making the results of the assessment available to the public.

Name	Wellness	Tools for Schools	Beautification
Gina Prisco, Principal	✓	✓	✓
Al Pullo, Director of Business & Operations	✓	✓	✓
Andrew Lavaway, PE Teacher	✓	✓	
Lola Johnson, Secretary	✓	✓	
Jane Roddy, Kitchen Supervisor	✓	✓	
Stacey Katz, RN, Nurse Supervisor	✓	✓	
Lynn Piascyk, Board of Education		✓	✓
Vito Esparo, Facilities Manager		✓	✓
Ashley Wagner, Teacher		✓	✓
Arianne Buzzard, Health Teacher	✓		
Jeanne Ciarleglio, Teacher		✓	
Allie Grabowski, Teacher			✓
Emily Jacober, Teacher			✓
Analisa Sherman, Assistant Principal			✓
Jeanne Dempsey, Teacher			✓
Doreen Merrill, Teacher			✓
Linda Acheson, Teacher			✓
Darytzabel Morales, P.T.O.		✓	
John Laudano, QVHD Health Official		✓	

Wellness Committee Key Initiatives

- SNI & Well Sat 2.0 (in process)
- Staff Wellness:
 - Walking Club
 - Coloring Creativity
 - Basketball
 - Volleyball
 - Yoga
 - Flu Vaccinations





Menus for **May 2019**

BEECHER ROAD SCHOOL

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

A Note from the School Lunch Program

Don't forget May 23, MASSARO FARMS will be here. We will be taste testing vegetables grown at the farm.

Monday, May 6

-D-
Entrée Alternate
or
Pancakes
Sausage Links
Hash Brown
Fruit Choice

Tuesday, May 7

-E-
Entrée Alternate
or
Chicken Tenders
Buttered Noodles
Green Beans
Fruit Choice

Wednesday, May 8

-F-
Entrée Alternate
or
Penne with meat sauce
Bread Stick
Garden Salad
Fruit Choice

Thursday, May 9

-A-
Entrée Alternate
or
Baked Macaroni and Cheese
Corn
Dinner Roll
Fruit Choice

Friday, May 10

-B-
Entrée Alternate
or
Deep Dish Cheese Pizza
Garden Salad
Fruit Choice

Wednesday, May 1

-A-

Entrée Alternate
or
Ernie's Pizza Day
Bread Sticks
Carrot Sticks
Garden Salad
Fruit Choices

Thursday, May 2

-B-

Entrée Alternate
or
Tacos with Cheese, Lettuce, Tomato, Salsa, Brown Rice
Corn
Black Bean Salad
Fruit Choice

Friday, May 3

-C-
Entrée Alternate
or
Build Your Own Burger Day
Beef Patty on Roll with Cheese, Lettuce, Tomato, Pickle,
Sweet Potato Fries
Fruit Choice

Available Daily

Assorted Sandwiches: Tuna, Turkey & Cheese, Turkey, Ham & Cheese, Ham, Bologna & Cheese, Bologna and Egg Salad Rainbow Veggie Tray: May include Broccoli, Baby Carrots, Celery, Cherry Tomatoes, Hummus, Green Pepper, Bean Salads, Cucumbers

Milk Offered with All Meals: Fat Free Chocolate, 1% White, Fat Free White, Lactaid

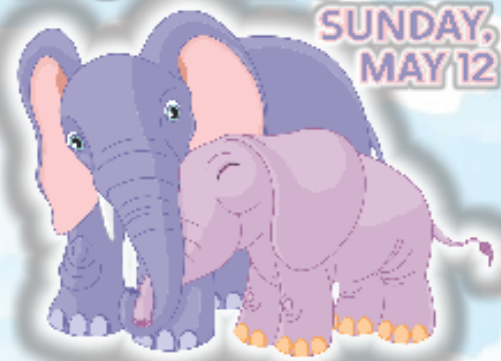
Alternate Entrée Choice: Salad Bar, Bento Box Assortment, Salad Assortment, Sandwich Assortment

BENTO BOXES MAY CONTAIN SESAME SEED BREAD STICKS

CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

MOTHER'S DAY SUNDAY, MAY 12



Monday, May 13

-C-
Entrée Alternate
or

Cheese Ravioli
Bread Stick
Green Beans
Fruit Choice

Tuesday, May 14

-D-
Entrée Alternate
or
Build Your Own
Burger Day
Beef Patty on Roll
with Cheese, Lettuce,
Tomato, Pickle,
Sweet Potato Fries
Fruit Choice

Wednesday, May 15

-E-
Entrée Alternate
or
Ernie's Pizza Day
Carrot Sticks
Garden Salad
Fruit Choices

Thursday, May 16

-F-
Entrée Alternate
or
Crispy Chicken
Nuggets
Potato Rounds
Quinoa Salad
Fruit Choice

Friday, May 17

-A-
Entrée Alternate
or
Belgian Waffle
Cheddar Omelet
Breakfast
Potato cubes
Chilled Applesauce

Monday, May 20

-B-
Entrée Alternate
or

Cherry Blossom
Chicken
Brown Rice
Carrot Coins
Pineapple Chunks

Tuesday, May 21

-C-
Entrée Alternate
or

Pancakes
Sausage Links
Hash Brown
Fruit Choice

Wednesday, May 22

-D-
Entrée Alternate
or

Ernie's Pizza Day
Carrot Sticks
Garden Salad
Fruit Choices

Thursday, May 23

-E-
TASTE TESTING
MASSARO FARMS



Entrée Alternate or
Tacos with Cheese, Lettuce
Tomato, Salsa Brown
Rice, Corn Black Bean Corn
Salad
Fruit Choice

Friday, May 24

-F-
Entrée Alternate
or

Breaded Fish Sticks
Tarter Sauce
Tater Tots
Baked Beans
Fruit Choices

Monday, May 27



Tuesday, May 28

-A-
Entrée Alternate
or

Chicken Tenders
Buttered Noodles
Green Beans
Fruit Choice

Wednesday, May 29

-B-
Entrée Alternate
Or
Chili in a Corn bread
bowl
Cheese, Corn
Black Bean Corn
Salad
Fruit Choice

Thursday, May 30

-C-
Entrée Alternate
or
Build Your Own
Burger Day
Beef Patty on Roll
with Cheese, Lettuce,
Tomato, Pickle,
Sweet Potato Fries
Fruit Choice

Friday, May 31

-D-
Entrée Alternate
Or
Pizza Wedge
Carrot Sticks
Garden Salad
Fruit Choices



Q: Where do we get most of the tomatoes we eat?

A: The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms — out of a bottle of ketchup, in pizza sauce, or in various kinds of canned tomatoes.



Learn more at www.CHOOSEMYPLATE.gov or <http://kiddhealth.org/kidstayhealthy/foodpyramid.html>

NUTRITION 1000

Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of "antioxidants" in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

A QUICK BITE FOR PARENTS

For more information, please visit our website

Woodbridge School Lunch Program Menus:

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

Wellness Policy Online:

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



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.

Celebrating **6** years of work improving the indoor air quality at Beecher Road School.



Tools for Schools Committee Key Initiatives

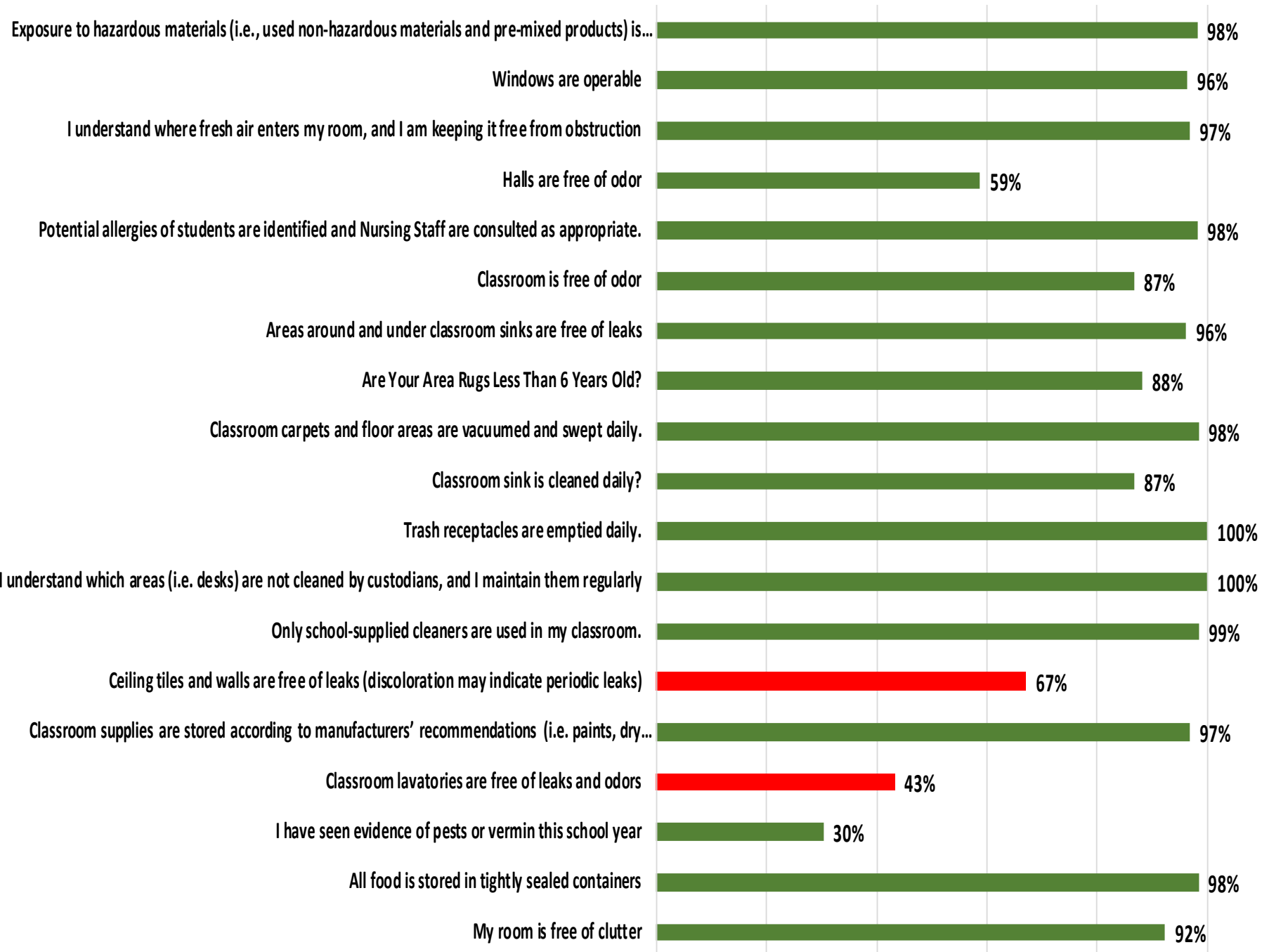
- ❖ Continued systematic replacement of classroom rugs.
- ❖ Reinforce guidance on planning for upholstered classroom furniture replacement.
- ❖ Teacher / Custodian responsibilities included in welcome back packet.
- ❖ Fostering a symbiotic relationship between custodial team and building staff.
- ❖ Fix-It Workorder system improves our ability to identify needs and provide timely resolution.
- ❖ Continuous Communication (New in SY 2020):
Follow Up Survey Prior to Classroom Walk-Thru.



Notable

Item	SY 2014	SY 2016	SY 2019
Staff survey participation	52%	86%	88%
Trash Receptacles Emptied Daily	41%	62%	100%
Classroom windows are operable	68%	86%	96%
Ceilings tiles free of leaks	39%	70%	67%
Classroom lavatories free of leaks and odors	16%	31%	43%





“The Team as a whole has become the exemplary example of a continuous improvement team; all of the members unwittingly and intuitively practice what many have not achieved.”

“Each year I have noticed the improvement of the personal interaction of the TFS team, the instructors, and the Custodial teams. The morale of the people in the school presents an atmosphere not often observed.”

**John Laudano,
Health Official,
Quinnipiac Valley Health District
2018-2019 Annual Inspection Report of the Beecher Road School.**

Beautification Committee Key Initiatives

Photography provided by:

Beecher Road School Student Council members



1960
BEECHER ROAD SCHOOL
BUILDING COMMITTEE
GEORGE H. SATON CHAIRMAN
W. RAYMOND GALLER
WILLIAM E. HALL
DONALD WASSERMAN
JOHN F. WYSE
DAVE COOKMAN & MILLER ARCHITECTS
F. FRANKLIN & CO., INC. BUILDER

AWARD OF EXCELLENCE
WISCONSIN
PUBLIC SCHOOLS

WISCONSIN
PUBLIC SCHOOLS
BEECHER ROAD SCHOOL
BEECHER COUNCIL

Teacher Of The Year
Requests





KEITH HARING
5th GRADE - ROURKE



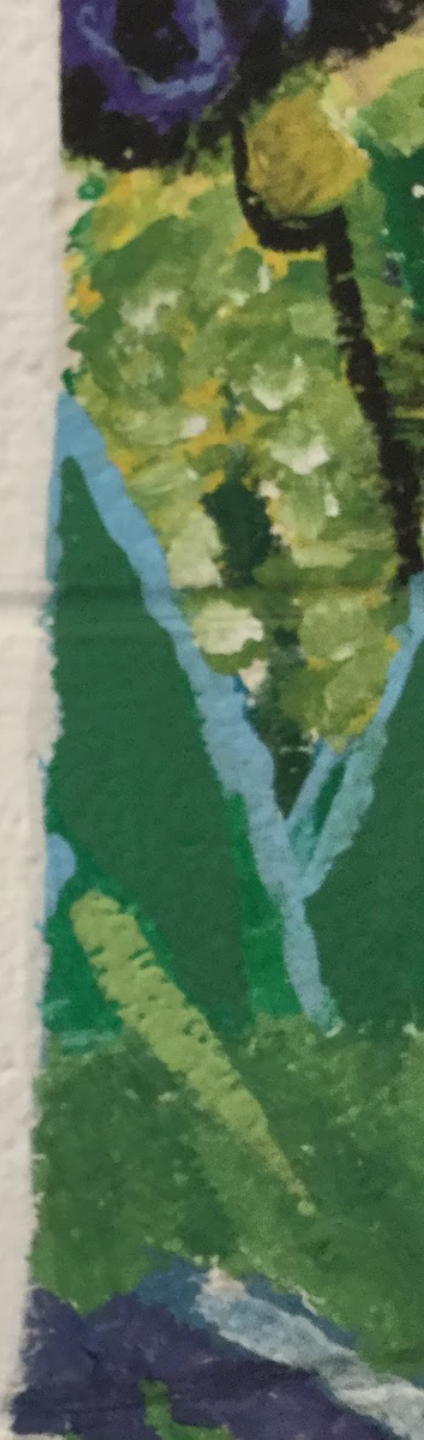




Vincent van Gogh
"Iris" May 1889
Diversity Day 1992-1999



Vincent van Gogh
"Iris" May 1889
Diversity Day 1992-1999





The Olympics, Greece
Diversity Day
1992-1999

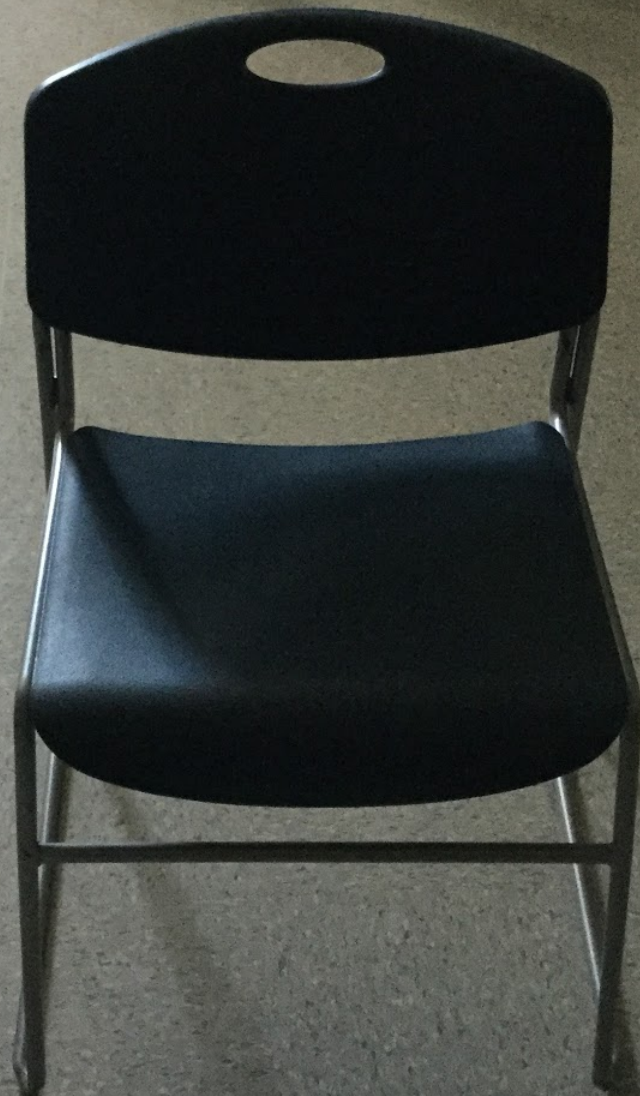


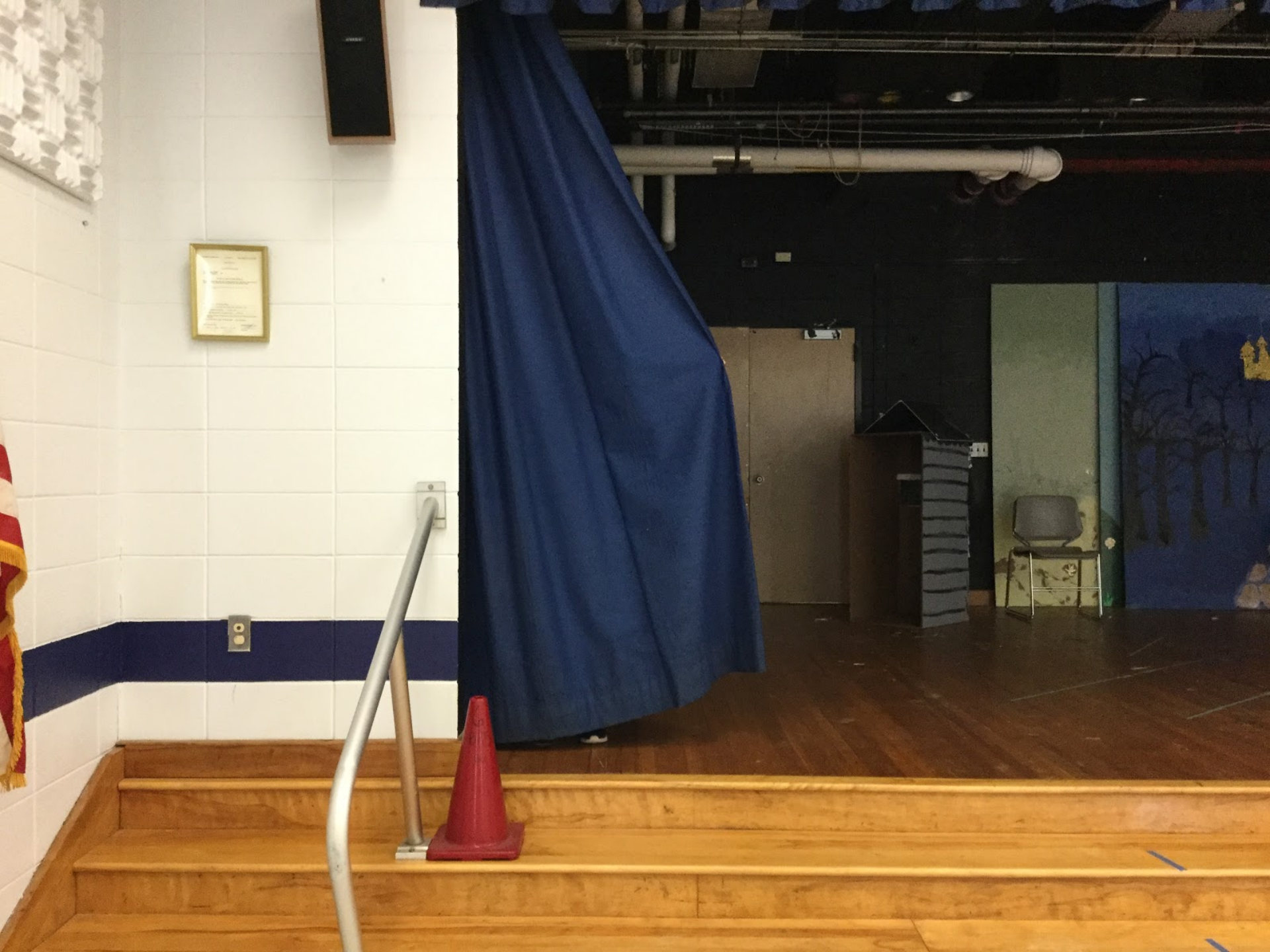
EXIT



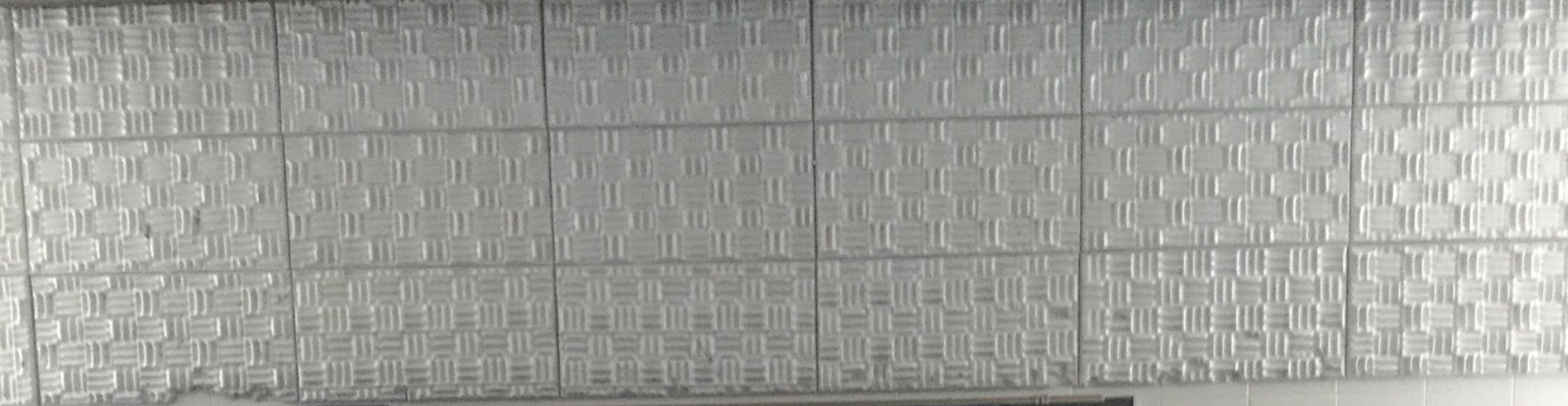
HOME GUEST
PERIOD













Notice
The following information is for your information only. It is not intended to constitute an offer or a recommendation to buy or sell any securities. Please consult your broker or financial advisor for more information.

1. The following information is for your information only. It is not intended to constitute an offer or a recommendation to buy or sell any securities. Please consult your broker or financial advisor for more information.

2. The following information is for your information only. It is not intended to constitute an offer or a recommendation to buy or sell any securities. Please consult your broker or financial advisor for more information.

3. The following information is for your information only. It is not intended to constitute an offer or a recommendation to buy or sell any securities. Please consult your broker or financial advisor for more information.

4. The following information is for your information only. It is not intended to constitute an offer or a recommendation to buy or sell any securities. Please consult your broker or financial advisor for more information.

5. The following information is for your information only. It is not intended to constitute an offer or a recommendation to buy or sell any securities. Please consult your broker or financial advisor for more information.



Thank you!