

Woodbridge Annual Wellness Report

As part of our District Wellness policy, we annually provide an overview of efforts to help our school community make healthy choices

- ✓ Monthly menu
- ✓ A La Carte items
- ✓ Other food sales (currently none in district)
- ✓ Physical Activity opportunities
- ✓ CSDE Fitness Assessments

BRS Cafeteria

Available Daily

Milk Offered with All Meals: Fat Free Chocolate, 1% White, Fat Free White, Lactaid Entree Alternate: Assorted Sandwiches: Turkey & Cheese, Turkey, Ham & Cheese, Ham, and Cheese.

Assorted Salads with Chicken or Hard Boiled Egg, or a Yogurt Bento Box. Rainbow Veggie Tray: May include: Broccoli, Baby Carrots, Celery, Cherry Tomatoes, Green Pepper, Bean Salads, Cucumbers, Black Beans and Chick Peas.

Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
-A-	-B-	-C-	-D-	-E-
Entrée Alternate	Entrée Alternate	Entrée Alternate	Entree Alternate	Entree Alternate
Or	Or	Or	Or	Or
Cheese Ravioli, Bread stick Green Beans Fruit Choice	Chicken Nuggets, Broccoli Sweet Potato Fries Dinner Roll Fruit Choices	ERNIE'S PIZZA Quinoa Salad, Carrot Sticks Fruit Choice	Waffle Bites, Sausage Links Potato Smiles Applesauce	Beef Tacos with Cheese, Salsa, Sour Cream, Lettuce, and Tomato Brown Rice, Green Beans Black Bean Corn Salad Fruit Choice

A La Carte Items:
 All approved by the state and are on the Healthy Food Snack List.

baked chips	goldfish
BBQ baked chips	pretzel goldfish
sun chips	Doritos
Popcorn	nacho chips
Muffins	assorted ice cream bars

Physical Activity

Every six day cycle, BRS learners receive:

- between 60-90 minutes of PE every 6 day cycle
- 30 minutes of health every 6 day cycle

CT State Physical Fitness Assessment

- Given annually to students in grades 4 and 6
- Components include:
 - Aerobic endurance
 - Flexibility
 - Upper body strength and endurance
 - Abdominal muscle strength and endurance

Additional Physical Activity

- Outdoor time- every day
(weather permitting, minimum of 20 minutes)
- Movement breaks— throughout the day, as needed
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- Field Day –June
- Arts Week: Peace - Yoga provided to all students
- Whole School walk - occurred repeatedly throughout the year
- Jump Rope for Heart - annually

Tools for Schools 2022-2023

Reassembled after Coronavirus lapse

Fall 2022

- Annual TFS survey conducted and analyzed
- Full building inspection conducted with QVHD
- Ongoing district and school level meetings held to address suggestions

Custodial Satisfaction Survey conducted Spring 2023

- Results analyzed, very positive

2023-2024: Resume fall and spring TFS surveys and QVHD partnership