

THE WEBB SCHOOLS

Wellness Policy

The Webb Schools recognize the importance of promoting healthy nutrition, ongoing physical activity, and a healthy school environment. The Wellness Committee was established in September of 2007. The Wellness Committee includes members from the teaching staff including instructional assistants and teachers, the clinical staff, licensed clinical social workers and psychologists as well as the school nurse and an administrator as well as a stakeholder member. This team is committed to a learning environment that fosters good nutrition, daily physical activity and overall wellness. If you are interested in joining our committee please contact the school at 860-545-7238 or email us at Victoria.Stuart@hhchealth.org.

Measurement tools

The Wellness Committee will meet annually to assess progress and make recommendations.

I. Nutrition /Food

1. Nutrition education will be integrated into Science/Health Curriculum taught in kindergarten through twelfth grade. *The Healthy Balanced Living Curriculum Framework* will serve as the guide. Nutrition education instructional activities will stress the appealing aspects of healthy eating and be developmentally appropriate, and enjoyable.
2. Food provided as part of the National School Lunch and Breakfast Programs will meet USDA requirements and any Connecticut regulations for those programs.
3. Healthy Snacks-A healthy snack will be provided to students during morning break. Snacks will be selected based on their nutritional value. (*Ideas for Healthy Foods* and *Summary of Connecticut's Healthy Snack Standards*)

II. Physical Activity

1. Students will be provided with physical education classes taught by a certified physical education teacher for at least one 45 minute period per week. (*Components of a Quality Physical Education Program*)
2. Sports activities with other schools will be available 2 times per month to interested students.
3. Every effort will be made to engage all students in 15-20 minutes of supervised physical activity (Webb-in-Motion). Daily activities include work-outs, running, walks, recess, stationary bike riding, yoga, sensory motor integration, etc. Activities will be held outside as appropriate and weather permits.
4. Every effort will be made to incorporate physical activity into the classroom setting daily such as Go Noddle and yoga stretches. (*Physical Activity Breaks*)

III. Healthy School Environment

1. Breakfast will be offered for students every morning as they enter school. Students will have at least ten minutes to eat breakfast once they have been seated.
2. Lunch will be scheduled between 11:15 am and 1:00 pm. Students will have 20 minutes to eat once they have been seated.
3. There will be at least one trained QFO per program i.e. Hartford, Bloomfield, and Cheshire. That person will train additional staff for food service annually in food safety, hand washing, presentation, and nutrition.
4. Every effort will be made not to use food as a reward. (*Ideas for Alternatives to Using Food as a Reward*)
5. Field trips or other school sponsored events will be highlight healthy eating and physical activities i.e. field day, cooking nutritious meals for peers as part of a school activity, visiting a grocery store.

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6. Regular and consistent health, wellness, nutrition, and physical activity messages will be provided in all settings: classrooms, cafeteria, newsletters, bulletin boards, etc.
7. Students and staff are encouraged to participate in practices around Mindfulness. Mindfulness breaks are incorporated for students during their daily schedule.
8. Services will be provided to staff to promote their own wellness including flu shots and educational opportunities as well as self-care practices. Yoga is available 1x per week. Staff members will be encouraged to model healthy lifestyle and eating behaviors.

Wellness Policy Outcomes for School Year 2018-19

I. Nutrition/Food

- a. Healthy snacks are offered in the school during morning break.
- b. A sample of a production sheet for breakfast items is attached. This is filled out daily to ensure adherence to USDA requirements.
- c. Bi-weekly phone conference with Food and Nutrition for check-ins and as a quality measure.
- d. Testing of new menu items to increase meal likability among students.

II. Physical Activity

- a. Student participation in physical activities over the school year 18-19 per school was measured by passing grades at the end of year:
 - i. Hartford – HS 90%; TLC 86%; MS 96%, CS 96%
 - ii. Cheshire – 96%

III. Healthy School Environment

- a. Adherence to allotted times for breakfast and lunch are monitored by staff daily.
- b. Each site has a QFO. Hartford – Marc Miller, Cheshire – Jennifer Taylor.
- c. Price boxes are offering non-edible items to students. Students are offered special time with preferred staff, Webb Bucks, and praise are used as primary sources of reinforcers.
- d. Healthy living posters etc. are displayed throughout the schools.

Responsible parties for development, implementing and monitoring of Wellness policy:

- Maureen Wood, School Administrator
- Kikke Levin-Gerdner, Director The Webb Schools