

# School Wellness Policy Building Progress Report

School Name: Cooper Elementary

Wellness Contact Name/E-mail:

Nick Sells [nsells@fdschools.org](mailto:nsells@fdschools.org)

Dr. Stephanie Anderson [sanderson@fdschools.org](mailto:sanderson@fdschools.org)

Dr. Kirsten Doebel [kdoebel@fdschools.org](mailto:kdoebel@fdschools.org)

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<b>Nutrition Education and Promotion Goals</b>					
1. Pick a Better Snack	X			Pick a Better Snack is in place with going into the classroom.	Chef Nick and Public Health Nurse helps with nutrition education.
2. Harvest of the month taste testing with Chef	X			All Schools	
3. Promoting National School Breakfast & Lunch week for all schools	x			All schools	
4. Promoting school Breakfast	x			Posters & websites	All schools
5. Harvest of the Month informative signage & Taste testing	X			All Schools	
6. Posted Newsletters on Food Service Website	x				
8. Farm to school	X			Honey, tomatoes, pan squash	All buildings
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Ed. Class	X				
2. Teachers encouraged to take breaks as appropriate	X				
3. Physical activity not used for or withheld as a punishment	X				
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. This is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	X				
2. All foods offered meet daily, weekly, and monthly nutrition requirements	X				

3. Link to Nutrition Analysis on website	X				
4. A healthy food list is sent home for classroom snacks.	X			Bring healthy snacks into the classroom is encouraged (not required)	Website: ( <a href="https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-andBeverages#ListAcceptableFoodsBeverages">https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-andBeverages#ListAcceptableFoodsBeverages</a> )
6. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products	X				
7. Healthier food preparation methods are used, no frying of foods	x				
8. Emphasizes caloric balance between food intake and physical activity.	X				
9. Teams with community programs to help wellness promotions.	X				
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Dodger Academy – available to all elementary buildings TK-5 <sup>th</sup> grade.	X				
2. Thrive – offers swim lessons.	X			kindergarten through fifth grade	
<b><i>Communication with Parents</i></b>					
1. Newsletters	X				
3. Peach Jar on website	X				
<b><i>Food Marketing in Schools</i></b>					
1. No vending machines at elementary buildings.	X				
<b><i>Staff Wellness</i></b>					
1. The District values the health & well-being of every staff member.	X			Flu shots, employee hotline, annual workplace training and instructional education opportunities	Continue to offer opportunities for staff wellness.

# School Wellness Policy Building Progress Report

School Name: **Butler Elementary**

Wellness Contact Name/E-mail:

Nick Sells [nsells@fdschools.org](mailto:nsells@fdschools.org)

Dr. Stephanie Anderson [sanderson@fdschools.org](mailto:sanderson@fdschools.org)

Dr. Kirsten Doebel [kdoebel@fdschools.org](mailto:kdoebel@fdschools.org)

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<b>Wellness Policy Language</b> <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges and/or barriers of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
<b>Nutrition Education and Promotion Goals</b>					
1. Pick a Better Snack	X			Pick a Better Snack is in place with going into the classroom.	Chef Nick and Public Health Nurse helps with nutrition education.
2. Harvest of the month taste testing with Chef	X			All Schools	
3. Promoting National School Breakfast & Lunch week for all schools	x			All schools	
4. Promoting school Breakfast	x			Posters & websites	All schools
5. Harvest of the Month informative signage & Taste testing	X			All Schools	
6. Posted Newsletters on Food Service Website	x				
7. Fresh Fruit Vegetable Program – Butler, Duncombe, Early Learning Center	x				Trying to get into the classrooms for education
8. Farm to school	X			Honey, tomatoes, pan squash	All buildings
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Ed. Class	X				
2. Teachers encouraged to take breaks as appropriate	X				
3. Physical activity not used for or withheld as a punishment	X				
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. This is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	X				

2. All foods offered meet daily, weekly, and monthly nutrition requirements	X				
3. Link to Nutrition Analysis on website	X				
4. A healthy food list is sent home for classroom snacks.	X			Bring healthy snacks into the classroom is encouraged (not required)	Website: ( <a href="https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-andBeverages#ListAcceptableFoodsBeverages">https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-andBeverages#ListAcceptableFoodsBeverages</a> )
6. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products	X				
7. Healthier food preparation methods are used, no frying of foods	x				
8. Emphasizes caloric balance between food intake and physical activity.	X				
9. Teams with community programs to help wellness promotions.	X				
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Dodger Academy – available to all elementary buildings TK-5 <sup>th</sup> grade.	X				
2. Thrive – offers swim lessons.	X			kindergarten through fifth grade	
<b><i>Communication with Parents</i></b>					
1. Newsletters	X				
3. Peach Jar on website	X				
<b><i>Food Marketing in Schools</i></b>					
1. No vending machines at elementary buildings.	X				
<b><i>Staff Wellness</i></b>					
1. The District values the health & well-being of every staff member.	X			Flu shots, employee hotline, annual workplace training and instructional education opportunities	Continue to offer opportunities for staff wellness.

# School Wellness Policy Building Progress Report

School Name: **Duncombe Elementary** Wellness Contact Name/E-mail: Nick Sells [nsells@fdschools.org](mailto:nsells@fdschools.org)  
 Dr. Stephanie Anderson [sanderson@fdschools.org](mailto:sanderson@fdschools.org)  
 Dr. Kirsten Doebel [kdoebel@fdschools.org](mailto:kdoebel@fdschools.org)

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<b>Nutrition Education and Promotion Goals</b>					
1. Pick a Better Snack	X			Pick a Better Snack is in place with going into the classroom.	Chef Nick and Public Health Nurse helps with nutrition education.
2. Harvest of the month taste testing with Chef	X			All Schools	
3. Promoting National School Breakfast & Lunch week for all schools	x			All schools	
4. Promoting school Breakfast	x			Posters & websites	All schools
5. Harvest of the Month informative signage & Taste testing	X			All Schools	
6. Posted Newsletters on Food Service Website	x				
7. Fresh Fruit Vegetable Program – Butler, Duncombe, Early Learning Center	x				Trying to get into the classrooms for education
8. Farm to school	X			Honey, tomatoes, pan squash	All buildings
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Ed. Class	X				
2. Teachers encouraged to take breaks as appropriate	X				
3. Physical activity not used for or withheld as a punishment	X				
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. This is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	X				

2. All foods offered meet daily, weekly, and monthly nutrition requirements	X				
3. Link to Nutrition Analysis on website	X				
4. A healthy food list is sent home for classroom snacks.	X			Bring healthy snacks into the classroom is encouraged (not required)	Website: ( <a href="https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-andBeverages#ListAcceptableFoodsBeverages">https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-andBeverages#ListAcceptableFoodsBeverages</a> )
6. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products	X				
7. Healthier food preparation methods are used, no frying of foods	x				
8. Emphasizes caloric balance between food intake and physical activity.	X				
9. Teams with community programs to help wellness promotions.	X				
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Dodger Academy – available to all elementary buildings TK-5 <sup>th</sup> grade.	X				
2. Thrive – offers swim lessons.	X			kindergarten through fifth grade	
<b><i>Communication with Parents</i></b>					
1. Newsletters	X				
3. Peach Jar on website	X				
<b><i>Food Marketing in Schools</i></b>					
1. No vending machines at elementary buildings.	X				
<b><i>Staff Wellness</i></b>					
1. The District values the health & well-being of every staff member.	X			Flu shots, employee hotline, annual workplace training and instructional education opportunities	Continue to offer opportunities for staff wellness.

# School Wellness Policy Building Progress Report

School Name: **Feelhaver Elementary**

Wellness Contact Name/E-mail:

Nick Sells [nsells@fdschools.org](mailto:nsells@fdschools.org)

Dr. Stephanie Anderson [sanderson@fdschools.org](mailto:sanderson@fdschools.org)

Dr. Kirsten Doebel [kdoebel@fdschools.org](mailto:kdoebel@fdschools.org)

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<b>Nutrition Education and Promotion Goals</b>					
1. Pick a Better Snack	X			Pick a Better Snack is in place with going into the classroom.	Chef Nick and Public Health Nurse helps with nutrition education.
2. Harvest of the month taste testing with Chef	X			All Schools	
3. Promoting National School Breakfast & Lunch week for all schools	x			All schools	
4. Promoting school Breakfast	x			Posters & websites	All schools
5. Harvest of the Month informative signage & Taste testing	X			All Schools	
6. Posted Newsletters on Food Service Website	x				
8. Farm to school	X			Honey, tomatoes, pan squash	All buildings
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Ed. Class	X				
2. Teachers encouraged to take breaks as appropriate	X				
3. Physical activity not used for or withheld as a punishment	X				
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. This is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	X				
2. All foods offered meet daily, weekly, and monthly nutrition requirements	X				

3. Link to Nutrition Analysis on website	X				
4. A healthy food list is sent home for classroom snacks.	X			Bring healthy snacks into the classroom is encouraged (not required)	Website: ( <a href="https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-andBeverages#ListAcceptableFoodsBeverages">https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-andBeverages#ListAcceptableFoodsBeverages</a> )
6. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products	X				
7. Healthier food preparation methods are used, no frying of foods	x				
8. Emphasizes caloric balance between food intake and physical activity.	X				
9. Teams with community programs to help wellness promotions.	X				
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Dodger Academy – available to all elementary buildings TK-5 <sup>th</sup> grade.	X				
2. Thrive – offers swim lessons.	X			kindergarten through fifth grade	
<b><i>Communication with Parents</i></b>					
1. Newsletters	X				
3. Peach Jar on website	X				
<b><i>Food Marketing in Schools</i></b>					
1. No vending machines at elementary buildings.	X				
<b><i>Staff Wellness</i></b>					
1. The District values the health & well-being of every staff member.	X			Flu shots, employee hotline, annual workplace training and instructional education opportunities	Continue to offer opportunities for staff wellness.



# School Wellness Policy Building Progress Report

School Name: Early Learning Center

Wellness Contact Name/E-mail:

Nick Sells [nsells@fdschools.org](mailto:nsells@fdschools.org)

Dr. Stephanie Anderson [sanderson@fdschools.org](mailto:sanderson@fdschools.org)

Dr. Kirsten Doebel [kdoebel@fdschools.org](mailto:kdoebel@fdschools.org)

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1. Pick a Better Snack	X			Pick a Better Snack is in place with going into the classroom.	Chef Nick and Public Health Nurse helps with nutrition education.
2. Harvest of the month taste testing with Chef	X			All Schools	
3. Promoting National School Breakfast & Lunch week for all schools	x			All schools	
4. Promoting school Breakfast	x			Posters & websites	All schools
5. Harvest of the Month informative signage & Taste testing	X			All Schools	
6. Posted Newsletters on Food Service Website	x				
7. Fresh Fruit Vegetable Program – Butler, Duncombe, Early Learning Center	x				Trying to get into the classrooms for education
8. Farm to school	X			Honey, tomatoes, pan squash	All buildings
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Ed. Class	X				
2. Teachers encouraged to take breaks as appropriate	X				
3. Physical activity not used for or withheld as a punishment	X				
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. This is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	X				

2. All foods offered meet daily, weekly, and monthly nutrition requirements	X				
3. Link to Nutrition Analysis on website	X				
4. A healthy food list is sent home for classroom snacks.	X			Bring healthy snacks into the classroom is encouraged (not required)	Website: ( <a href="https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-andBeverages#ListAcceptableFoodsBeverages">https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-andBeverages#ListAcceptableFoodsBeverages</a> )
6. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products	X				
7. Healthier food preparation methods are used, no frying of foods	x				
8. Emphasizes caloric balance between food intake and physical activity.	X				
9. Teams with community programs to help wellness promotions.	X				
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Dodger Academy – available to all elementary buildings TK-5 <sup>th</sup> grade.	X				
2. Thrive – offers swim lessons.	X			kindergarten through fifth grade	
<b><i>Communication with Parents</i></b>					
1. Newsletters	X				
3. Peach Jar on website	X				
<b><i>Food Marketing in Schools</i></b>					
1. No vending machines at elementary buildings.	X				
<b><i>Staff Wellness</i></b>					
1. The District values the health & well-being of every staff member.	X			Flu shots, employee hotline, annual workplace training and instructional education opportunities	Continue to offer opportunities for staff wellness.

# School Wellness Policy Building Progress Report

School Name: Middle School /High School Wellness Contact Name/E-mail:

Nick Sells [nsells@fdschools.org](mailto:nsells@fdschools.org)

Dr. Stephanie Anderson [sanderson@fdschools.org](mailto:sanderson@fdschools.org)

Dr. Kirsten Doebel [kdoebel@fdschools.org](mailto:kdoebel@fdschools.org)

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<b>Nutrition Education and Promotion Goals</b>					
1. Pick a Better Snack	X			Pick a Better Snack is in place with going into the classroom.	Chef Nick and Public Health Nurse helps with nutrition education.
2. Harvest of the month taste testing with Chef	X			All Schools	
3. Promoting National School Breakfast & Lunch week for all schools	x			All schools	
4. Promoting school Breakfast	x			Posters & websites	All schools
5. Harvest of the Month informative signage & Taste testing	X			All Schools	
6. Posted Newsletters on Food Service Website	x				
8. Farm to school	X			Honey, tomatoes, pan squash	All buildings
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Ed. Class	X				
2. Teachers encouraged to take breaks as appropriate	X				
3. Physical activity not used for or withheld as a punishment	X				
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. This is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	X				
2. All foods offered meet daily, weekly, and monthly nutrition requirements	X				

3. Link to Nutrition Analysis on website	X				
6. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products	X				
7. Healthier food preparation methods are used, no frying of foods	x				
8. Emphasizes caloric balance between food intake and physical activity.	X				
9. Teams with community programs to help wellness promotions.	X				
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. The District encourages classroom use of “pop-up” activities to provide one to five minute quick energizing physical exercises throughout the day	X			-Transitional times including before and after school - 11 x 2 min each = 22 minutes -ELA Block Built in RR/Water Break - 2 minutes - Student collaboration activities and other instructional strategies - 5 minutes Average Daily Movement = 29 minutes - 29 minutes x 5 days = 145 minutes per week	
<b><i>Communication with Parents</i></b>					
1. Newsletters	X				
3. Peach Jar on website	X				
<b><i>Staff Wellness</i></b>					
1. The District values the health & well-being of every staff member.	X			Flu shots, employee hotline, annual workplace training and instructional education opportunities	Continue to offer opportunities for staff wellness.