

**Southwick-Tolland-Granville Regional School District School Wellness
2021-2022 Annual Progress Report**

I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Goal/Objective: At least once every three years, the district will evaluate compliance, strength of policy, and progress toward wellness goals.

Needs Assessment: The STGRSD Health Advisory Committee currently does not have any representatives from community youth-serving agencies.

Improvement Plan: District administrators will search out community youth-serving agencies and invite members to serve on the district committee by the end of the school year.

Progress toward Goal: The following community youth-serving agencies will be invited to participate in quarterly Health Advisory Meetings beginning in the 2022-2023 school year:

- Boys and Girls Club
- Southwick Recreation Center
- Youth Villages (mental health needs)
- The Carson Center- Christine Sanforth
- Care Solace
- Pathways for Parents
- Southwick, Granville Library staff

II. Nutrition

Goal/Objective: The district aims to teach, model, encourage, and support healthy eating to help all students develop healthy lifestyle practices.

Needs Assessment: Participation in the free breakfast/lunch program has been limited.

Improvement Plan: The STGSRD Food Service Director will work to increase free breakfast/lunch participation.

Progress toward Goal: The School Nutrition Department held a promotion during national school breakfast week where they raffled off two bikes at Woodland and Powder Mill and two gift cards at SRS. Participation in school breakfast and lunch was up 50% that week. Free meals continue for all students. Breakfast participation is up 300% and lunch participation is up 150% over pre-COVID participation.

Free meal waivers expire June 30, 2022. The house passed a budget resolution for universal free meals which, if approved by the state senate, will go into effect over the summer and students will continue to eat for free next school year.

SRS conducted a survey of 270 respondents to determine who would be interested in continuing to purchase school meals if the waiver is not extended. Around 55% of respondents indicated that they plan to continue purchasing school meals next year if they are no longer free.

Need to restart using point of sale system again; will be using scan cards instead of PINs. Limited choice speeds up service.

III. Physical Activity

Goal/Objective: To provide students with opportunities for quality physical education and daily physical activity before, during and after school in order to learn the understanding and benefits of the short and long-term benefits of a physically active and healthy lifestyle.

Needs Assessment: Students have increased their activity level during the school day by allowing students to walk around the school buildings on mask breaks. When mask mandates are lifted, there is a worry about this time being reallocated to time on learning.

Improvement Plan: School principals will work with their staff to provide opportunities to walk outside throughout the school day and to continue to utilize outdoor spaces for learning.

Progress toward Goal: Students continue to enjoy movement breaks throughout the day between recesses, walks outside and in the hall, sensory paths at Woodland and PMS, and walks around the outside of the school at SRS. PMS is converting health class to a health and wellness class that will include a focus on personal fitness and movement.

ESSER III building improvements to facilitate use of outdoor spaces: additional key-card entries, intercom systems

IV. Other Activities that Promote Student Wellness

Goal/Objective: The district will coordinate and encourage initiatives and school-based activities that are designed to promote student well-being, optimal development, strong educational outcomes and staff health and wellness.

Needs Assessment: Student's social and emotional well-being and self-regulation have been disrupted by the COVID-19 pandemic.

Improvement Plan: School leaders will promote the district #Rams Belong initiative to ensure that all students feel a sense of belonging and have a trusted adult they have a connection with.

Progress Monitoring: Progress will be monitored quarterly at each subsequent Health Advisory meeting; building principals will report on each indicator at the beginning of each meeting.

Progress toward Goal: Powder Mill Rocks and Woodland Cares promote the school community and self-regulation in addition to weekly classroom SEL lessons, small groups/lunch bunches to reestablish social skills, skill specific groups, Zones of Regulation, and Second Step. A social emotional teacher was added at Woodland this school year and a position has been added for PMS for next school year.

#RamsBelong- The principals at Woodland and Powder Mill conducted classroom read-alouds on belonging, and have created bulletin board themes that promote belonging. The students are internalizing inclusive behaviors. A track officiate sent an email to the SRS principal and the superintendent commending the baseball team who took the time to cheer for students at a unified track meet to the delight of the unified track team and their parents. Kim has been leading Woodland school in morning affirmations at the beginning of the day to center students on positive thoughts and emotions.