

**Southwick-Tolland-Granville Regional School District School Wellness
2020-2021 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 student representatives, or representatives from community youth-serving agencies.

Improvement Plan: The district and school administrators will work to recruit student representatives for the remaining quarterly Health Advisory Meetings. 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: Kara Swain from the Baystate Health System’s MIGHTY program served as a youth-serving agency member of the committee this year. Sienna Spina has joined the committee as a student representative. Sienna has volunteered to raise awareness at SRS of the Health Advisory Committee to recruit more student representatives.

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: Matthew Lillibridge, Director of School Nutrition, reports that breakfast and lunch service has significantly increased over previous years:

Totals	5/1/2019	5/1/2021	difference	% change
Lunch	569	611	42	107%
Breakfast	152	359	207	236%
Total	721	970	249	135%

In addition to free breakfast and lunch, the food service department is offering curbside meals at two of the schools as well as 5 days of meals for the community. These services will continue throughout the summer. Additionally, participants in the Summer Learning Recharge camp will have access to free breakfast and lunch each day of camp. The USDA has extended the free meal program through the end of the 2021-2022 school year.

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 short and long-term benefits of a physically active and healthy lifestyle.

Needs Assessment: During in-person learning, physical movement is limited due to social distancing requirements. During remote learning, students may not engage in physical activity.

Improvement Plan: School principals will work with their staff to provide opportunities for physical activity throughout the school day, whether in-person or remote.

Progress toward Goal: Each school has maintained an effort to encourage physical activity for in-person and remote students. Recess restrictions have been lifted and with the nice weather students are spending more time outside. Students spend mask breaks outside walking around the school buildings. Students at SRS participated in intramural sports in the fall and have resumed a regular spring sports season. The SRS principals held Lunch Olympics in the courtyard for seventh and eighth grade students where they enjoyed games of corn hole, bowling, and putting contests. At Woodland and Powder Mill, many classes met outside when weather permitted. Powder Mill principals created an indoor sensory path for students to create opportunities for movement when getting outside was not possible. For remote students, PE teachers used phone apps to track steps/miles walked.

IV. Other Activities that Promote Student Wellness

Goal/Objective: The district will coordinate and encourage initiatives and school-based activities 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 extended school closures and other traumas experienced during the COVID-19 pandemic. Staff have also experienced increased stress and trauma during this time.

Improvement Plan: School and district leaders will develop plans for providing social emotional supports and strategies for students and staff.

Progress toward Goal: 30 + staff members participated in a 5-week wellness course led by a representative from James Levine and Associates. The course focused on developing strategies for self-care and dealing with vicarious trauma. The staff at SRS also received five social emotional learning (SEL) sessions led by school counselors. Students at Woodland and Powder Mill received weekly social emotional learning lessons led by the school adjustment counselors. Both schools also continue their work with their respective PBIS initiatives, Woodland CARES and Powder Mill ROCKS. Counselors at SRS have begun leading anxiety strategy groups. SRS counselors also facilitated intervention meetings with staff to identify and plan for students' academic and social emotional needs. Those groups will continue next year. There is a plan to screen the remaining remote students and families in advance of their return in the fall to identify and plan for any mental health needs.