

**Southwick-Tolland-Granville Regional School District School Wellness
2022-2023 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 2023-2024 school year:

- Boys and Girls Club
- Southwick Recreation Center
- 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 students develop healthy lifestyle practices.

Needs Assessment: Free school breakfast and lunch have been extended and participation is up. Food service equipment is outdated, and new equipment would improve the nutrition department's ability to produce freshly prepared foods that are appetizing to students to encourage ongoing participation.

Improvement Plan: Purchase new equipment and supplies for the kitchens at all three schools.

Progress toward Goal: New kitchen equipment and supplies were purchased for all three schools. The new equipment will allow the staff to prepare more fresh foods as an alternative to pre-packaged processed foods, including new smoothie machines to encourage the consumption of more fruits and vegetables.

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: Mask mandate has been lifted, so mask breaks are no longer needed which was a source of physical activity for students throughout their school day.

Improvement Plan: Continue to encourage teachers to make use of outdoor spaces on campus for learning activities that require movement.

Progress toward Goal: Great participation in after school sports, intramurals, and clubs. Teachers using outdoor spaces for science classes, read alouds, and early grade counting activities.

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 belonging was conducted at the beginning and end of the school year to track progress toward this goal.