**Wellness Policy in Review 2016-2017**

The Barkhamsted Wellness Committee is comprised of 15 members which includes the Principal, Administrative Assistant, PE/Health Educator, School Nurse, Town of Barkhamsted Administrative Assistant to the First Selectman, PTO member/parent, School Psychologist, Cook/Manager, and 5 Students.

The first meeting of the 2016-2017 school year was held on 10/20/2016. The Action Plan for the year was reviewed. Three main areas were focused on as a result of the Wellness Policy Assessment that was completed in February 2016.

The first area was communication. The Wellness Website was created and is located on The Barkhamsted School website. The website will include but not limited to the Wellness Policy, procedures as it relates to the policy, committee meeting minutes, upcoming activities, healthy living tips, and monthly newsletters. There are links to parenting, safety, and nutrition. This was a collaborative effort between all members of the committee and is maintained by the PE/Health teacher and school nurse. Meeting dates were posted on the school calendar and Wellness Committee reports were presented monthly by the Principal to the BOE. A short introductory presentation was made to the Senior Citizens about the Wellness Policy, how to access the website, and an invitation was presented to them to join the committee. They were also encouraged to contact the school with any information they feel would contribute to our Wellness Policy.

The second area of focus was Staff Wellness. After surveying the staff there was interest in various types of programs, however, they felt time was a factor. The staff was invited to participate in several afterschool activities such as running club followed by badminton which both each ran for 6 weeks. Several staff members participated along with many students. Many activities related to wellness were run throughout the school year that all staff participated in.

The third area were school wide activities to promote Wellness. Wednesday was deemed Wellness Wednesdays where during the morning announcements the student committee members would share wellness facts following along with our monthly themes. Monthly themes were introduced beginning in Nov. with hydration, Dec./Veggies, Jan./exercise, Feb./hygiene, March/cardio, April/May/stress relief, and June/summer safety.

November was hydration month everyone kept a log of their daily intake of beverages with the emphasis on water. A comparison bulletin board was created to illustrate the sugar content in a variety of beverages.

In December, both students and staff participated in documenting their success with consuming the recommended servings of veggies and also participating the kitchen’s introduction of foods. This was done and served by students to each of the classrooms for snack time during December veggie month.

January brought the exercise theme, which the entire school participated in hallway dancing to get the morning started. Grade 4 did a morning run outside everyday throughout the year as other classes chose the stretch and move within the classroom.

February was hygiene month which included topics such as personal hygiene and personal safety.

March was Cardiac month, facts about the heart as well as how to keep your heart healthy were shared. Jump Rope for Heart was held for grades 1-6 with 160 students learning about heart health while jumping, hooping, and dancing.

April and May focused on stress reduction. How to reduce stress on a day to day basis. A week long before school outdoor walk was done to promote the PTO 5K run/walk event on May 20th.

June brought us the excitement of summer and how to protect our skin from the harmful summer rays, bike safety, swimming safety, insect control and the importance of keeping hydrated.

The Wellness Committee was also pleased to have been awarded a grant from the NFL “Fuel Up to Play 60” program and the National Dairy Council. With this grant the Cafeteria has been able to purchase an industrial blender to make nutritious smoothies to offer our students and staff. The school will also be able to purchase equipment for classrooms to encourage physically active classrooms.