



# **EAST HAMPTON SCHOOLS: WELLNESS REPORT FOR 2015**

A report summarizing school-wide actions to benefit the students and the families of East Hampton Public Schools; highlighting efforts to improve health and wellness, an important factor in student achievement.

# **EAST HAMPTON SCHOOLS: LOCAL WELLNESS POLICY**

## **REQUIRED COMPONENTS**

The Child Nutrition and WIC Reauthorization Act of 2004 prescribed that every school district participating in the National School Lunch Program and/or School Breakfast Program develop a local wellness policy to promote student health by preventing childhood obesity and combating problems associated with poor nutrition and physical inactivity. These requirements were enhanced in the Healthy, Hunger-Free Kids Act of 2010.

The district's local wellness policy, at a minimum, must address/establish:

- Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness
- Nutrition guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity
- Implementation measurement, including designation of one or more persons within the local education agency or school, charged with the operational responsibility for ensuring that the school meets the local wellness policy
- Involvement of parents, students and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy

The Healthy, Hunger-Free Kids Act of 2010 also requires the district to inform and update the public about the wellness policy and assess the extent to which the schools are in compliance with the local policy, how the local policy compares to model policies, and the progress the district is making towards attaining the policy goals.

## **ARE WE MEETING THE WELLNESS POLICY GOALS?**

**The Healthy, Hunger-Free Kids Act of 2010 requires the district to inform and update the public about the wellness policy and progress towards attaining policy goals.**

# **SCHOOL PROGRAMMING TO SUPPORT STUDENTS**

## **MAKING HEALTHY CHOICES IN PHYSICAL ACTIVITY AND NUTRITION**

### **HEALTHY ACTIVITIES PROMOTED BY EACH SCHOOL:**

#### **Memorial School – Grades PK to 3**

- Distribution of monthly fitness calendars – voluntary use by students
- Fitness Clubs
- Fitness Lab – student work-out room, supervised by physical education teachers
- A.C.E.S. Nationwide Fitness Day, “All Children Exercise Simultaneously” Day is an international celebration of physical activity that occurs on the first Wednesday of May. Running on the track, jumping rope and line dancing are some of the activities students and faculty will participate in together.
- Extra physical education class time coordinated with classroom teachers related to individual student needs
- Grade two and three “Leadership program” students are selected as role models for physical education class, designed as an encouragement
- Grades 2 and 3 Chess Club and Tournament, students volunteer, 60 to 70 students participate
- Proposed Grade 1 Chess Club, introduction
- Grade 3 Badminton Tournament

#### **Center School – Grades 4 and 5**

- Individual grade Field Days
- Fourth grade “Spring Mile Run”
- Fifth grade “Fun Run”
- “Jump Rope for Heart” fundraiser

#### **Middle School**

- “Hoops for Heart” fundraiser
- After-school intramurals
- Field Day grades six and seven
- 8th grade activity leadership
- PE/Health student of the month
- Olympics Day
- Unified Sports, a CIAC and Special Olympic sporting program organized so students with and without disabilities enjoy team sports training and competition
- NCAA tournament activities

### **Middle School continued**

- Support school positive behavior strategies (PBIS) with volleyball, hockey, and jump rope programmatic activities

### **High School**

- Morning basketball workouts
- Badminton tournament fundraiser for the Mental Health Awareness Club
- “Wallyball” tournament fundraiser for National Honor Society
- Flag football tournament fundraiser for the Mental Health Awareness Club
- Intramurals in the fall
- Food Bank drive (canned goods delivered in PE class by students)
- Unified Sports, a CIAC and Special Olympic sporting program organized so students with and without disabilities enjoy team sports training and competition.
- Weight lifting elective course offered to students for 3 years, enjoys increasing in enrollment
- Walking program option for students also who may be less involved in team or contact sports.

### **HEALTH CURRICULUM – focus areas**

#### **Representative program – The East Hampton Middle School:**

- Nutrition – Dietary guidelines, “My Plate”, food labels, portion control, fad diets and marketing, sports nutrition/energy drinks & bars, effects of “fast food”
- Fitness – Connecticut Physical Fitness Assessment based with an emphasis on avoiding childhood obesity through fitness and nutrition.
- Healthy decisions on drugs, alcohol, tobacco, and vaping
- Mental health strategies to approach stress/anxiety, depression, self-esteem, role models, peer pressure, bullying, conflict resolution, communication, violence, listening skills, goal setting
- Disease prevention
- General overview of hygiene, adolescence, puberty, basic first aid
- Collaborate with science teachers on human growth and development plus human biological and chemical composition

## **STUDENT CHARITABLE EFFORTS SUPPORT:**

**TOWN of EAST  
HAMPTON FOOD  
BANK**

**AMERICAN HEART  
ASSOCIATION**

**SPECIAL OLYMPICS**

**ST VINCENT DE  
PAUL MIDDLETOWN**

**AND MORE!**

# DISTRICT NUTRITION SERVICES

The East Hampton Schools lunch program operates in accordance with regulations issued by the United States Department of Agriculture (USDA), Food and Nutrition Service, administered by the Connecticut Department of Education, Child Nutrition Department.

The program must adhere to a number of federal standards requiring the East Hampton Board of Education to:

- Establish an independent school food authority to be operated as a non-profit organization
- Provide meals in accordance with federal nutrition requirements
- Determine student eligibility for enrollment in the free and reduced program
- Assure there is no discrimination against any child due to the student's free or reduced eligibility

East Hampton has "self-managed" the food service program since September 2007, in prior years the program was managed by a for-profit company management company. Our non-profit status allows us to focus on serving students with higher quality ingredients:

- "Less processed" meats, in 2015-16 school year moved to "whole muscle"/no fillers chicken tenders, patties and popcorn chicken items
- Branded - premium high school deli
- Vegetarian options including daily salads (every school) and humus dips
- No limitation on individual student selections of fruits and vegetables

## Continued Healthy Food Certification Participation

The East Hampton Board of Education has determined the district will follow Connecticut Nutrition Standards for all food sales on school premises at all times (with specific exceptions) including, but not limited to: school stores, vending machines, school cafeterias and any fundraising activities on school premises. This decision impacts district fundraisers as the standards apply to all foods and beverages sold to students at any time on school premises other than meals served through USDA school meal programs. The Connecticut Nutrition Standards are designed to limit calories, total fat, saturated fat, trans fat, sodium and specifically prohibit ingredients with questionable health effects.

## Grant Awards:

### Fresh Fruit and Vegetable Program Grant Award

East Hampton schools were awarded a total of approximately \$22,500 in 2014-2015 to participate in USDA's Fresh Fruit and Vegetable Program. The goals of the grant are to: create a healthier school environment, increase the variety of fresh fruits and vegetables that children experience, make an impact in children's diets by increasing the consumption of fresh fruits and vegetables, and to allow students to take an unlimited number of fresh fruits and vegetables at every lunch.

### Partnerships with University of Saint Joseph College Dietetic Programs

The Food Services Program has developed partnership with the University of Saint Joseph. The University places a dietetic intern in the East Hampton Public School system each spring to gain experience in the area of school nutrition. The interns survey student preferences, develop and evaluate recipes, and involve students in taste testing at the High School and Middle School levels.

### **Smarter Lunchroom Grant and District Project**

In December 2013 the East Hampton Middle School was selected as one of six schools statewide, the only suburban school, to participate in the “Smarter Lunchrooms Makeover Pilot.” The Smarter Lunchrooms Movement’s goal was to create sustainable research-based lunchrooms that guide smarter choices. The USDA is placing a major emphasis on trying to change the way children eat and assisting children in developing improved behaviors through the application of evidence-based lunchroom focused principles that promote healthful eating. The Smarter Lunchrooms Makeover Pilot (SLMP) grant from the USDA via the Connecticut State Department of Education (CSDE) was implemented in collaboration with the State Education Resource Center, the Rudd Center for Food Policy and Obesity at UCONN (formerly with Yale University) and the Cornell Center for Behavioral Economics in Child Nutrition Programs. Research and oversight continued the spring of 2015, a final report from our partners will be forthcoming.

A key feature of our program plan at the East Hampton Middle School was implementation of a new healthy separate “grab n’ go” or speedier serving line featuring only fresh and healthy meal options. The intention was to make the healthiest lunch option the easiest and quickest meal students could receive. The effort did not increase student meal participation overall, in fact in the Middle School, the top five meals based on numbers purchased by students are: French toast or mini pancakes with sausage links and hash brown patty, chicken tenders, cheesy Bosco sticks, popcorn chicken bowl with mashed potatoes, corn, and gravy, and a cheeseburger with French fries. Similar meal preferences are consistent district wide. A wellness objective is to in the future work closely with students and parents to develop meal and vegetable recipes with local produce that entice students to eat healthier options, advancing improved nutrition to all children and their families.

### **Farm to school**

An application for a USDA Farm to School Planning Grant was unsuccessful; the district was informed mid-November 2015. Only 18 Planning Grants were awarded nationwide (average grant was \$42,888). The desired local project was to develop a Farm to School program to utilize more locally grown produce including student grown produce in a new High School greenhouse and courtyard garden to be completed in the fall of 2017. We will continue to focus on the development of healthier meal options, collaborating with partner organizations, such as the dietetic program at the University of Saint Joseph and the School Nutrition Association of Connecticut.

## **SERVING FRESH FRUIT AND VEGGIES DAILY**

**Salads**

**Hummus dips**

**Rainbow choice  
fruits and vegetable  
trays**

# STAFF WELLNESS

We desire to support positive modelling by administrators, teachers, and staff in schools as an important step in demonstrating healthy habits and actions to students and parents. The district's medical health insurer Cigna provides support to the district to encourage employee lifestyle management.

In March of 2015 the first districtwide employee wellness initiative kicked off with a "Welcome Spring" walking program supported by Cigna and managed by the district benefits and payroll staff.

Employee enthusiasm and participation were encouraged through a walking program web site, email program advertisements, and various incentive gifts for continued participation (such as pedometers, key chains, water bottles, healthy snacks, coupons, and cookbooks). Approximately 66% of benefit eligible employees enrolled and 64% of the enrollees remained active throughout the 10 week program, together walking nearly 17,000 miles!

Individual school initiatives:

Healthy luncheons coordinated monthly at Memorial and Middle Schools

Staff Tournaments – dodgeball at the Middle School, "wallyball" at the High School, volleyball at the elementary schools

High School scholarship fund support with staff basketball charity fund drive

## STAFF WALKING PROGRAM

17,000 MILES!!

# WELLNESS GOALS

We value our investment in student and staff initiatives to assure a culture of health and wellness is the norm in the East Hampton Public Schools.

During the calendar year 2016 the planned focuses of initiatives are:

- Recommend wellness policy updates to the East Hampton Board of Education
- Review healthy classroom celebration alternatives
- Develop a safe food plan with the food services and teaching staff to potentially utilize school grown food items
- Increase desirable health and wellness workplace programs for employees, planned areas of concern including nutrition, fitness, stress reduction, and smoking cessation

This wellness report was produced by Karen Asetta, School Business Manager, with important contributions provided by Elaine Sullivan, district health/physical education chairperson.