WINDSOR SCHOOL DISTRICT
WELLNESS INITIATIVE: A COMPREHENSIVE APPROACH

NUTRITION and WELLNESS COMMITTEE
Formed in 2004 before mandate
Membership of Cafe Services, Mt. Ascutney Hospital Dietician, school administration, nurse, physical education teacher, students, and community
Special grants

WELLNESS POLICY (adopted 4/06)

FOOD SERVICE PROGRAM (Café Services)
Adjustments to menu (ex. replace white flour with whole grains, bake vs. fry, reduce fat level of condiments and dressings, reduce sugar content of drinks)
Review of menu by dietician
Purchase/removal of equipment (i.e. no fryer)
Work to increase free reduced lunch participation
Breakfast
Consistent high marks on state inspections
Removal of food vending machines, no student soda vending machines

MESSAGING
Murals
Posters (“Got Milk”), information in cafeteria

HEALTH REPORT CARD
Height, weight, BMI, vision, hearing, blood pressure

HEALTH CURRICULUM
Alcohol, Tobacco and other drugs
Disease, and Injury Prevention
Nutrition and Physical Activity
Personal Health and Safety
Community, Environmental and Consumer health

ACTIVITIES
Walking School Bus
Safe Routes to school
Girl’s on the Run
Veggi Palooza
Farm to School
30+5
Windsor 2007 Winner of Fit and Healthy Kids Fall Challenge
School Health Fair
CONTINUED CHALLENGES
Time, time and time
Keeping creative and fresh
Increasing physical activity outside of school
Changing traditions and experiences of nutrition and eating habits
Social norms
Collaborative efforts (home, school, medical)
The school can’t do it all
November 16, 2006

Dear Parents and Guardians,

Each year, under the direction and guidance of the Vermont Department of Health, our school nurses screen your child for general health issues. These screenings typically include areas such as vision, hearing, height, weight, scoliosis, and blood pressure. As a school we know this process can be particularly helpful in identifying early signs of potential concerns.

In previous years you have received a report and notification only if your child was identified as “at risk”. In order to increase our communication to you and to highlight the importance of wellness, we are now sending our screening results to all of our families. We believe that you will find this information helpful to you and for your child’s doctor.

The development of this “School Report Card” was done in collaboration and partnership with Mt. Ascutney Hospital and Health Center, specifically Dr. Virgina Brack, Pediatrician, and Jill Lord, Director of Patient Care Services. Along with our school nurses, Lisa Brown and Karen Townsend, I was pleased to also be part of this effort. In addition to this report card you will find attached a number of recommendations that promote health and wellness.

The school report card will be disseminated each year. I hope you find it useful. I welcome your feedback on this initiative and look forward to our continuing educational efforts to promote the health and well being of your child.

Sincerely,

Brenda Needham, Superintendent
December 1, 2008

Dear Parents and Guardians,

Each year, under the regulations and guidelines of the Vermont Department of Health, our school nurses, Karen Townsend and Lisa Brown, screen your child for general health issues. These screenings vary by grade level but typically include vision, hearing, height, weight, body mass index, scoliosis, and blood pressure. This data is used as indicators of good health and also as early indicators of concern.

For the past few years we sent the results of these screenings to all of our families. This was a change from the past when we only sent communications based on “risk factors”. We have continued to have many positive responses on this change. Parents indicate they greatly appreciate this report. Therefore, to continue our commitment to wellness and quality communication, you are again receiving our “Health Report Card”.

The “Health Report Card” was developed in collaboration and partnership with Mt. Ascutney Hospital and Health Center. Dr. Virginia Brack, Pediatrician, Jill Lord, Director of Patient Services, School Nurses Lisa Brown and Karen Townsend each provided input. I am proud of this work and pleased to also have been a participant in the development and ongoing dissemination of information.

I hope you continue to find the health report card helpful and that you share this information with your family doctor. For your reference, we have also included some information relating to wellness.

The school will continue to stay committed to the ongoing educational efforts and improvements to promote the health and wellness of your child. We thank you for being our partner in this promotion of health and wellness. If you should have any questions please contact the school nurses.

Sincerely,

Brenda L. Needham, Superintendent