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Wellness Policy Summary of Findings

Strong Policies and Aligned Practices

HVRHS has strong policies and practices in nutrition and school lunch programs. The food service department has implemented all state and federal requirements for school breakfast and lunch meals. All students are offered breakfast and lunch daily including whole grains, proteins, fruit, vegetables and low fat milk. Water is offered throughout the school day and water dispensers are available at four locations throughout the building. Student access to foods and beverages that do not meet the federal Smart Snacks standards is limited to occasional classroom celebrations and some after school sales.

Health courses and the new Farm to Table program in Agricultural Education make strong connections between healthful food choices and wellness, and the Physical Education program emphasizes lifelong sports such as cycling, cross country skiing, and weight training. Activity Block offerings include hiking, wiffle ball, and access to the weight room. All students receive 250 minutes of comprehensive physical education per week with the Physical Education Instructor, although this occurs in term-length courses and not throughout the entire school year.

It should be noted that although there is no district-level wellness committee for Region 1, there is one for HVRHS, which technically constitutes the region.

Implementation Plans and Updates to Wellness Policy

HVRHS has good practices in place that meet the goals of the written Wellness Policy. However, there are many wellness practices in place that are not outlined in the policy, and the policy itself will need to be updated in the coming year to address the following:

- Marketing of food or beverages does not take place on campus.



- Staff members eat meals with students and encourage healthy food choices.
- Student surveys are done at least once per year to assess food preferences, and the menus will be adjusted based on the results of these surveys.
- Practices regarding school meals.
- Physical education and physical activity on campus.

Opportunities for Growth

The School Wellness Committee meets biannually to discuss wellness policies, and evaluate adherence to the Wellness Policy. The committee consists of the principal, assistant principal, Health teachers, a student, a parent, a Farm to Table Teacher, the Nutritional Consultant, and the School Social Worker. The policy is evaluated through an extensive formal process every 3 years, and the results of this assessment are posted on the school website, including the extent to which the policy is in practice, how the policy compares to required standards, and what progress has been made to attain the goals of the policy.

One goal for this group is to discuss and plan wellness events for the entire school community that align with the Wellness Policy and to make recommendations to the Board of Education regarding programming and policy.