

Westbrook Public School District's Annual Wellness Summary 2017 - 2018

The following are some of the activities and events Westbrook School District participated in to celebrate and support health and wellness throughout our school community:

- **WellSAT - 1(Wellness School Assistance Tool)**: The district completed the WellSAT-1 assessment last school year, which assesses the school district's Wellness Policy and provides guidance and resources to the school district to assist them in moving forward with supporting wellness in their district. The results of this assessment were shared with the Wellness Committee when they were made available during the school year. The committee will be revisiting the results to develop goals for the committee for next year and make revision to the Wellness policy.
- **Westbrook Wellness Fair** - On April 5, 2018, the Wellness Fair Subcommittee organized its first annual Wellness Fair. The fair promoted a variety of areas of health and wellness through over thirty vendors providing information and resources to the community. There were also several demonstrations during the event. The Wellness Fair was attended by over 100 staff, students, and community members. A second Wellness Fair is in the planning stages for next school year!
- **Daily Ingraham School PTO 5K Run/Walk and Kids Fun Run** - Daisy Ingraham Elementary School PTO organized its 5th Annual Daisy Dash 5K Run/Walk and Kids Fun Run on November 18, 2017. The run/walk began at the elementary school and proceeded to the scenic Seaside Avenue and the Westbrook Beach before looping back to Daisy. There were numerous sponsors at the event to support health and wellness. The event was attended by more than 250 students, staff, families, friends, community members, and businesses. The event brought the community together to celebrate health, wellness, and friendly competition!
- **Run Club at Daisy Ingraham School** - Daisy Ingraham Elementary School, the YMCA, and the Daisy Dash 5K Race Committee hosted an after-school "Run Club" to help Daisy students prepare for the upcoming 5K run and/or Fun Run. YMCA instructors and volunteers led activities geared towards preparing the students for running a race for almost 50 students.
- **Walk/Bike to School Day at Daisy Ingraham School** - Daisy Ingraham Elementary School participated in Walk/Bike to School Day. They have been participating in this event for over a decade. The PTO, parent volunteers, and teachers and administrators help support this event that is promoted by the National Center for Safe Routes to Schools. On October 19th, 2017, there were over 80 Daisy students, staff, and family members making the walk through the center of town to school.

- [**Health and Wellness Newsletter**](#) - A Health and Wellness Newsletter was organized two times this school year for students and families at Daisy Ingraham School. The newsletter was geared towards elementary students and their families to provide information on supporting wellness, along with activities the students are participating in throughout the school to promote health and wellness. The first newsletter went home in the winter and one is coming up for the spring.
- [**Westbrook High School Awareness Day**](#) - On May 4, 2018, Westbrook High School organized an Awareness Day for the students. The day incorporated Advisory Group time, an Opening Keynote Speaker, Tim Harmon from Project Courage, break-out workshops/sessions on a variety of topics, and a Closing Keynote Speaker, Shadille Estepan from Born This Way Foundation. Students were able to select four workshops/sessions they wanted to attend throughout the day. Some of the workshop/session topics included: Personal Safety, Self Defence, Anxiety and Depression, Meditation, Jobs for Minors, Healthy Lifestyle Options, and Busting Myths about Nutrition.
- [**Daisy Ingraham School Weight Loss Challenge**](#) - From January 5th - March 16th, Daisy Ingraham School Staff had the option to participate in a Weight Loss Challenge, similar to "The Biggest Loser," to promote healthy eating and increased physical activity.
- [**Kids in the Kitchen**](#) - On March 24, 2018, the Westbrook Early Childhood Council and Westbrook Public Library presented a program called "Kids In the Kitchen" with Colleen Bell. The purpose of the program was to teach children the proper skills to help in the kitchen from an early age.
- [**Healthy Celebrations Newsletter**](#) - At the beginning of the school year all staff and families in the school community received a copy of the Healthy Celebrations information packet, which was created by the Connecticut State Department of Education. It provided information regarding ideas and the importance of promoting healthy celebrations, activities to celebrate children, alternatives for food rewards, and ideas for healthy fundraising.
- [**Wellness Website**](#) - Westbrook School District's Health and Wellness website is full of helpful information. It includes a copy of the district's Wellness Policy, the members of the Wellness Committee, Committee Meeting agendas and minutes, a link to the Health and Wellness Newsletter, a featured Wellness Tip, and pictures of our school community celebrating health and wellness. The Wellness Committee meets quarterly throughout the year to discuss and address health and wellness throughout the school community. The district's website was recently showcased at a Health and Wellness Meeting for the state of Connecticut as one that is inclusive of a lot of information and resources.