HPS School Wellness Survey Results
23 schools completed the survey – about half of our schools last year
0=not implemented 1= partially implemented 2=fully implemented

Level
23 responses

Nutrition Education and Promotion

A comprehensive health education program implemented sequentially will ensure that nutrition education is taught at all grade levels in an appropriate manner, delivering key concepts and honing on the skills necessary to develop the functional, nutritionally literate student for life.

23 responses
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Nutrition education is taught by state-certified health education teachers or other qualified school staff.

23 responses

The school shares consistent and reinforcing health information with families and the broader community to positively impact students and the health of the community.

23 responses
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**Physical Education**

PE classes have a student/teacher ratio similar to other classes.
23 responses

![Graph showing student/teacher ratio results.]

The school has time allotted for physical education in accordance with existing state standards/guidelines.
23 responses

![Graph showing time allotted results.]

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The school provides information to families to help them incorporate physical activity into their daily lives.

23 responses

The school provides adequate equipment available for all students to participate in physical education.

23 responses
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Physical Activity
Physical activity is integrated across curricula and throughout the school day.
23 responses

All elementary school students (PK-5) have at least 20 minutes per day of supervised recess, preferably outdoors, during which the school encourages moderate to vigorous physical activity.
23 responses
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School Meals

Emphasis is placed on foods that are nutrient-rich, such as fresh fruits and vegetables, whole grains, low fat dairy, lean meats, legumes, and seeds.
23 responses

A School Breakfast Program operates in the school and students are encouraged to eat a healthy breakfast.
23 responses
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Nutrition Standards for School Foods and Beverages

All sources of food and beverage sales to students at school comply
with the Connecticut Nutrition Standards. This includes school stores,
vending machines, school cafeterias, and any fundraising activities on
school premises.

23 responses

Foods and beverages served at school celebrations meet the
Connecticut Nutrition Standards and the beverage requirements of state
statute.

23 responses
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Other Activities that Promote Student Wellness

School staff members are discouraged from using food as a reward or punishment.

23 responses

The school discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns with allergies or other special nutritional needs of students.

23 responses
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The school ensures compliance with Connecticut State mandated physicals, immunizations, and health screenings at state-determined grade levels.

Wellness policy goals are given priority when planning all school-based activities such as school events, field trips, dances, and assemblies.
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The school has a wellness committee which is comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment.

The school plans and implements activities and policies that support personal efforts by staff members to maintain a healthy lifestyle.
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Communication and Promotion

The school considers student needs in planning for healthy school nutrition environments.
23 responses

The school partners with community organizations to provide consistent health messages.
23 responses
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Social and Emotional Wellness

Mental health counseling services is available for all students.
23 responses

Confidential Employee Assistance Programs are available and well publicized.
23 responses