

Middletown Wellness Advisory: Goal and Strategy Framework

A. Nutrition Education and Promotion

Goal 1: Integrate Nutrition Education Across All Grade Levels

Strategies:

- Review and adopt "Smarter Lunchroom" strategies to encourage healthier food choices.
- Include nutrition education as part of health education classes or as standalone courses for all grade levels.
- Incorporate curricula that promote skill development, such as meal planning, understanding food groups, and interpreting food labels.
- Provide developmentally appropriate and culturally relevant participatory activities, such as taste tests, recipe name contests, and school garden projects.

Goal 2: Enhance Teacher and Staff Training on Nutrition Education

Strategies:

- Offer annual professional development opportunities for teachers to integrate nutrition education into core and non-core subjects (e.g., math, science, and language arts).
- Provide specific training for food service staff to use cafeterias as "learning labs" for hands-on nutrition education.

Goal 3: Engage Families and the Community in Nutrition Education

Strategies:

- Partner with community health organizations to host school wellness activities and events.
- Share resources with families, such as newsletters with healthy recipes and tips for teaching children about nutrition.
- Provide opportunities for families to visit local farms supplying produce for school meals and participate in school garden initiatives.

Goal 4: Promote Nutrition Awareness in the School Environment

Strategies:

- Rotate and update nutrition-related posters and signage in cafeterias, hallways, and classrooms.
 - Implement cafeteria design challenges to make healthy options more appealing.
 - Collaborate with students to develop engaging campaigns about the benefits of nutritious meals.
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B. Physical Activity and Other School-Based Activities

Goal 1: Increase Access to Physical Activity Opportunities

Strategies:

- Develop before and after-school physical activity programs, such as intramural sports, walking clubs, or bike-to-school initiatives.
- Provide recess daily, with a minimum time requirement, and ensure it is held outdoors whenever possible.
- Schedule physical activity breaks during the school day to promote movement and focus.

Goal 2: Strengthen Physical Education Programs

Strategies:

- Adopt a comprehensive K-12 physical education curriculum aligned with state and national standards.
- Set minimum physical education time requirements and establish teacher-to-student ratios to ensure quality instruction.
- Provide professional development for physical education teachers to enhance their skills and knowledge.

Goal 3: Promote Family and Community Wellness

Strategies:

- Host family wellness events, such as health fairs or school-supported races, to engage families in healthy habits.
- Allow community members access to school facilities for physical activities after school hours.
- Collaborate with local organizations to provide resources and programs that promote active lifestyles.

Goal 4: Foster Positive Reinforcement of Physical Activity

Strategies:

- Use physical activity as a reward and avoid using it as punishment.
 - Implement school-wide campaigns encouraging students to meet daily movement goals.
 - Support Safe Routes to School programs to increase walking and biking participation.
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Implementation and Evaluation

Action Plan:

1. Assign subcommittees to oversee Nutrition Education and Physical Activity initiatives.
2. Set annual measurable objectives for each goal.
3. Use tools like the CDC School Health Index to evaluate progress and identify areas for improvement.
4. Collect feedback from students, families, and staff through surveys and focus groups.
5. Report results and achievements annually to stakeholders, celebrating successes and outlining future priorities.

This framework serves as a roadmap for promoting student wellness through comprehensive nutrition education and physical activity initiatives, fostering a culture of health and wellness within the district.