Health and Wellness Committee Meeting 11/14/2018

What is a Wellness Policy?: A local school wellness policy is a written document of official policies that guide a local educational agency (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn by supporting healthy eating and physical activity.

Welcome and Introductions:

Rob O’Hanley: RMHS Physical Education and Wellness Teacher
Amanda King: Health/Wellness and Consumer Science Teacher RMHS
Karen Bluestone: SAPC, Board of NSHP Gloucester
Bruce Cohen: SAPC, Board of Health
Jennifer Donnelly; Mass in Motion
Nicole Alteri-RPS School Committee, Parent/Community Member
Darlene Trumbour RES Health and Wellness Prek-5
Jennifer Drost: Parent/Community Member

Bruce talked about YRBS and how we will hopefully be implementing it here at RHS. We know one of the issues is funding and he has been talking to MB Murphy on the Educational Foundation and the Board of Health to see if they will assist in funding this. We will be receiving 1500 from SAPC

Healthy Eating and Nutrition (Abbey and Amanda): Updates from the Cafeteria~ Abbey Pelletier, Food Service Director
Consumer Science and Health II Update~ Amanda King
• The cafeteria was awarded a grant from the New England Dairy Council (Fuel up 60 Grant) to purchase a breakfast cart and implement a grab and go breakfast model. We have a breakfast cart available by the auditorium in the morning with hot and cold breakfast options. They are available to both staff and students. We are seeing improved
breakfast participation as result, which is great! The hope is to see if this a model that may be applied to the playground in the morning at the elementary school eventually. No other news in the cafe.

~Students in Middle School Consumer Science meet once every 4 day rotation. Cooking Skills and healthy eating are taught. Students are currently doing special projects, then we will be moving onto demonstration and food tasting.
~Cooking Club for Middle School meets 2x a month in the Health Room from 2:15-3:00

Wellness Studio-Rob has been getting yoga instructors in to teach stress management and relaxation in the Yoga Studio
~Mountain Biking Club meets on Wednesdays
~Ryan Meuller-Personal Trainer and Iron (?) gym owner, will be coming in to speak with the students about personal fitness
~Health II is currently focusing on life skills and independent cooking

From Erin Canniff and Darlene Trumbour(Health and Wellness):
Our 4 Wellness units throughout the year that grades 1-5 receive:

2. Social Emotional Health
   delivered to students in three areas: Art, Yoga, Mindfulness

3. Nutrition

4. Choose your passion(we invite outside specialist and provide student with choices of wellness activities). Students have the opportunity to specialize in small groups with what interests them with the emphasis of lifetime health and wellness. Small Groups..cooking..gardening...cross training..Last 5 weeks

All students have Health and only Kindergarten currently does not have Wellness, the rest of the grades do
Erin and Darlene have developed a Leadership Team: 5th Graders apply to be on this team~Community Service: Social Emotional Health
Goal of Student Parent Engagement (RES, RMS, RHS) we all feel this is important

School Health Services (Nursing~Jen, Gayle):

Counseling and Psychological Services (Guidance and Counseling~Ruth, Heather, Courtney, Sarah, Samantha):
RHS- Young Men’s Skills Group (Courtney and Phil)- Positive Decision Making, Goal Setting, Self Awareness
RHS- Coping Skills Group (Courtney)- Wellness Planning, Building Toolbox of Skills
All Schools- (Guidance, Counseling Staff)- Risk Assessment, Developing District-Wide Protocol, including assessments, community resources.
RMS - Girls Group (6th Grade) - students who self-identified as wanting help building self-confidence/self-esteem and dealing with peer pressure/mean behavior/positive choices/healthy relationships (Sam). Adapting curriculum from Girls in Real Life Situations
RMS - Social Skills Group (7th and 8th graders - Sam and Suzanne) - pragmatics, on-topic questions/conversation, appropriate reactions, positive thinking, social thinking
RMS - Test-anxiety reduction group (Sam) - self-awareness, relaxation strategies, test-taking strategies
RMS - in the process of identifying students for Building Champions, a boys group on leadership that was successful with students last year (Sam)
RMS - started pushing in for classroom lessons (tier one intervention). Did a classroom lesson on conflict resolution with all 7th graders; did a classroom lesson on high school and transition planning with 8th graders, next week will be going in to all 6th grade classes to do a lesson on gossip/rumors (Sam)
RMS - kindness/positive school initiatives. Kindness chain to acknowledge kind acts witnessed by students in the school. This week at lunches we will have our annual “appreciation station” where students can write thank you notes to teachers and staff (Sam).
RMS - counseling at a glance (Sam) - so far this year: 427 student visits; 30% of visits are related to IEP counseling, 12.6% of visits are related to anxiety, 9.4% are related to reporting mean behavior; 8.4% are related to personal problems
Healthy School Environment (Amy, Amanda L., Brett, AnnMarie):

Community(AnnMarie, Teachers, Admin): Ed Gerety, Professional Motivational Speaker was here on 11/7/18 and spoke to the MS and HS. Peer Leaders will be running Leadership Workshops in the Auditorium for each of the Middle School Grades

WELLNESS POLICY
ROCKPORT PUBLIC SCHOOLS

The Rockport School Committee recognizes the relationship between student health and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate nutritional, social-emotional and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Committee
The school district will establish a Wellness Committee which meets at least four times a year and consists of at least one (1): parent, teacher, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The Superintendent
will invite individuals to serve on the Committee for a term of two years. Once established, the Committee will choose a Wellness Coordinator(s).

Healthy Eating and Nutrition

It is the policy of the school district that all foods and beverages made available on campus during the school day are consistent with School Lunch Program nutrition guidelines. The Rockport Public School District will increase the availability and sale of nutritious, well-balanced, and varied selections from our School Nutrition Program and discourages the sale and consumption of beverages and foods low in nutritional value during regular school hours. The offerings by the School Nutrition Program will consider the needs of all students with specific food allergies, medical issues, and food intolerances.

Health Education and Consumer Science

The Rockport Public School District will maintain a planned, evidenced based, sequential K-12 curriculum that encourages students to make healthy life-style choices and addresses the importance of physical, social-emotional, nutritional, preventative, personal and community health. The curriculum will be aligned with the Massachusetts Health Education Frameworks, the standards established by the USDA’s National School Lunch and School Breakfast Program, and existing district policies. Standards for nutrition education will be included within the K-12 health education curriculum.

Physical Fitness

The Rockport Public School District will maintain a planned, sequential K-12 curriculum that addresses the physical, social, emotional, and cognitive development of all students and that is aligned with the Massachusetts Physical Education Frameworks, the standards established by the Dept. of Elementary and Secondary Education, and existing district policies. The District will provide and encourage opportunities for physical fitness, both structured (K-12 physical education curriculum) and activity-based (recess, movement, extracurricular activities, and sports teams/clubs), and encourages the integration of physical activity into the academic curriculum wherever possible appropriate.
School Health Services
The Rockport School district through its qualified professional School Nurses shall promote the well-being of students while providing a wide range of services to meet the biopsychosocial needs of our school population. Health assessments, education, disease prevention and health promotion shall be at the core of all skilled nursing interventions, consistent with government regulations and based on best practices in research. The District’s qualified health providers will administer emergency care, student and staff health education, surveillance and notification of contagious diseases, mandated screenings, referrals to prevent and control disease, and referrals for counseling and access to information. The school health services will promote choices that lead to lifelong wellness practices.

Counseling and Psychological Services
The Rockport Public School District promotes students' mental, emotional, and social health by providing all students access to counseling and psychological services. These services are to be provided by a sufficient number of highly trained and qualified professionals who support and value the social and emotional well being of students, families, and staff and who help to create programs which foster a healthy school Environment.

Healthy School Environment
The Rockport Public School District will provide safe, healthy, and well-maintained grounds and facilities that are tobacco, alcohol, and drug free. Professional practices and policies will foster a culture of caring, respect, and responsibility.

Community
The Rockport Public School District will educate the school community on trends and information related to health and wellness and encourage community partnerships that assist in this effort. The Rockport School Committee believes that the successful
development of lifelong wellness practices requires the combined efforts of families, schools and community.

Evaluation
The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the School Committee annually. The Wellness Policy will be reviewed annually.

Adopted: May 10, 2006
Revised: April 16, 2014
Sources: Current policy, MASC policy, Lynnfield Public Schools policy

The Richard Russell National School Lunch Act, 42 U.S.C. §§ 1751-1769h