The Rockport Wellness Advisory Committee met on the following dates for the 2014-2015 school year; September 29th, November 18, January 20th, March 24th, May 19th and June 17th. Committee members include; Rob Liebow, Superintendent of Schools, Susan Brisson- School Committee Representative, Martha Jo Fleming-Food Service Director, Co-Chair of Wellness Committee, Heather Castonguay-Elementary Assistant Principal/Curriculum Coordinator, Mary Ryan-Athletic Director, PE Teacher, Erin Canniff-Elementary Physical Education Teacher, Amanda Jylkka-Mattson-Health Education Curriculum Coordinator, Health Teacher & Co-Chair of Wellness Committee, Lia Hollis-Nurse Leader, Nicole Alteri-Elementary Parent & Farm to School Coordinator, Marybeth Murphy-Elementary & Middle School Parent, Regina Ghidella-Rockport Public Health Nurse, Allison Vanderpool-School Secretary for the Middle School, Heather Nelson-School Committee Representative, Steve Winslow-Senior Project Manager for Mass in Motion.

This year the committee reviewed and confirmed that we meet the state and federal requirements for our current policy. We created the Wellness and Sustainability Website on our rpk12.org school website. Our website includes meeting minutes, links to menus and sections of the district’s current wellness programs.

The Food Service Director, Martha Jo Fleming, established the Nutrislice Program for the pre-k-12 community to allow computer/smartphone access to menus, nutritional values, and allergy information. The program will be updated on an ongoing basis as menus change and new products are introduced.

The K-12 Health and Physical Education Curriculum was presented to the School Committee in March of 2015 to inform community and current members, of our ongoing commitment to support K-12 Health and Wellness.

PBIS (Positive Behavioral Interventions and Supports Plan) an approach to positive behaviors and meeting the needs of all students, was supported by the Wellness Committee and will be a part of ongoing discussion and trainings for all staff. This falls under the umbrella of the Wellness Committee philosophy. Updates of the program will be on our Wellness Committee website.

We established a Wellness Forum that met on April 29 at 7:00pm that included members of the school committee, administration, parents, nurses and teachers. We discussed goals for the future, sustainability programs, funding opportunities and current programs. We gained a better understanding of all of the programs that were currently here in our own school community. We will be meeting again in the 2015-2016 school year to discuss progress and opportunities available for the future.
Goals for the future will include our new availability of the Pathways Building, to be utilized for programs such as; a possible greenhouse, more garden space, meditation/yoga rooms, and health programs, all that support Wellness at Rockport Public Schools.

We will be encouraging membership to the Wellness Committee in 2015-2016 to administration, parents, community members and students.

Sincerely,

Amanda Jylkka-Mattson, Co-Chair

Martha Jo Fleming, Co-Chair