

Wellness Welcome

2025-2026



Welcome back! I hope you were able to rejuvenate this summer and took some time to create great memories with friends and family. The time seems to go a lot faster in the summer?! Here is to a happy and healthy new school year!

We have a few new members of our team/department. Please join me in welcoming them to Haverhill :

- Chris Pendleton -Bradford PE
- Rob McLen -HHS PE

I think you all know that I am a big advocate for teamwork and collaboration to help support all of our students. Don't be afraid to reach out to me or a colleague to ask questions, etc. I attached a document with all [of our department members](#) that includes their email and where they teach.

This year we have a few goals: ,

- **I want to focus on completing a scope and sequence for each level (some have finished this already)**
- **assessments for standards based report cards**
- **Implementing a hygiene lesson for grade 4**
- **Sexual health education**

- **HS courses/electives changing to 9 weeks**
- **The district is focused this year on inclusive practices!**

Please know I am here to support YOU! This means with anything from classroom management, to helping you with SMART goals or reaching out to your administration, if needed, on your behalf.

I love visiting, interacting with students and observing what is happening throughout the district.

Leadership roles:

DawnMarie Paradis - Dean at the high school.

Some plans for the year and continuation from last year:

- Please be sure to check the **Wellness Buzz** I send every Friday!
- Partnership with Lighthouse Health Education for professional development
- Partnership with the Nan Project
- [Wellness Resources](#) is a continued working document. I have added a lot of resources already for health and p.e.
- I will always have a [Haverhill Wellness Team running](#) document. This means I will be using the same document all year to post our agendas
- [Wish lists](#) - last year I was able to order almost everything people put on the wishlist.
- Reserve Nov 3, Nov 4th - 25/26 MAHPERD conference
- Ongoing curriculum work - This is helpful to understand where our shortcomings may be with the new standards.
- Vaping lessons - Grade 4 - schedule your first lesson for the fall