

Monomoy Regional School District School District
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**District Wellness Committee
Report to the Monomoy Regional School District School Committee
February 28, 2018**

Introduction

District Wellness Committee:

Regulation - The school district will establish a wellness committee by seeking volunteers that represent all school levels and each school building. The committee will meet at least four times a year and will consist of at least one (1): parent, student, nurse, school food service representative, school committee member, school administrator, teacher and guidance team member (not from same building), 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. Members will be appointed from each category; if no one volunteers then appointment will be made by the Superintendent. Each member will serve a two-year term.

The School Committee designates the Director of Student Services to oversee the policy implementation. Each school will designate a wellness policy coordinator. Only employees of the district who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will lead the implementation and evaluation of this policy.

The Wellness Committee will monitor the progress of the policy, use data to make informed recommendations for programmatic/policy adoption, and provide at a minimum an annual report to the Monomoy Regional School Committee and Superintendent.

The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate. The comprehensive wellness program will incorporate the following components: 1. Healthy School Environment – A culture and climate within schools that supports the physical, cognitive, emotional and social well-being of school members, facilitates their safety, and is consistent with federal and state guidelines. 2. Community Connections – School personnel will strive to establish relationships among families, members of the school community, and members of the greater Monomoy Regional School District community in order to identify and facilitate access to available wellness resources.

Members

Melissa Maguire, Director of Student Services
Jenn Burnie, Parent
Shannon Smith, Student
Abigail Sullivan, Student
Sophie Clingan, Student
Sam Hein, Principal, Harwich Elementary
Cheryl Dufault, Nurse Leader, Nurse MRHS
Mary Beth Maloney, Nurse, Chatham Elementary
Garth Petracca, Food Services Director, Monomoy Regional Schools
Caroline Freitas, Teacher, Monomoy Regional High School
Karen Guillemette, Athletic Director, Monomoy Regional Schools
Jill Brown, Parent and Nutritionist
Sue Landers, Child and Family Services Cape Cod
Teresa Corcoran, Physician
Jeff Handler, Community Member – **New for 2018**
Sharon Stout, School Committee Member
Linda Kelley, Parent and Community Member – **new for 2018**

Purpose

1. Development of the District Wellness Policy
2. Development of measurable goals for nutrition promotion and education, physical activity, and other school based activities that promote student wellness and rely on evidence-based strategies.
3. Review and assessment of the implementation of the policy

Meeting Schedule

The District Wellness Committee is scheduled to meet on the following dates:
October 12, 2017
December 14, 2017
February 8, 2018
April 12, 2018

GOALS

Goal Area: School Meals

Goal: Given five selections of foods, 80% of students participating in the food service program will select 3 out of the 5 selections offered daily, 3 out of 5 days weekly

Progress: This goal is currently being met. 100% of the students participating in the food service program is selecting 3 out of the 5 selections offered daily. In order to receive the full reimbursement for the lunch program, the above criteria needs to be met.

Food service participation

School	C	Total # lunch purchases to date
Chatham Elementary	3,341	11,733
Harwich Elementary	4,935	21,674
M.R.M.S.	5,360	16,567
M.R.H.S	2,077	17,038

Goal Area: School Meals

Goal: The District will offer a federally funded afterschool snack program for the 2017-2018 school year.

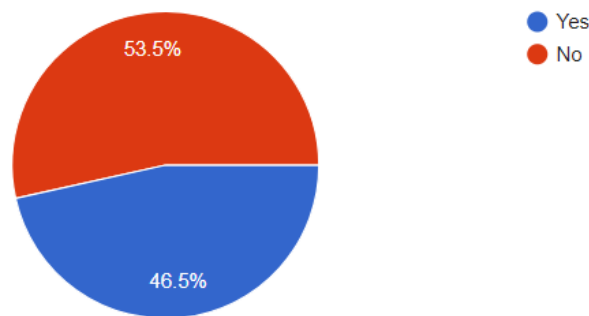
Progress: The application is being completed this year and the program will officially start in the 2018-2019 school year.

Goal Area: Nutrition Education and Promotion

Goal: Providing teachers with resources, every student will receive minimally one lesson on healthy nutrition in every classroom at least once per year.

Progress: The District Wellness Committee decided it was important to see what was already happening in the district regarding nutrition education. A survey was sent to all the teachers in the district. The following are the results.

1. Are you teaching at least one lesson per year related to health and wellness?



2. If yes, please describe the lesson: The following are the teacher responses:

- * how to stop the spreading of germs, whole food nutrition.
- * Healthy choices, importance of exercise, hygiene.
- * Mindfulness.
- * Peacemaking Skills for Little Kids (second grade) Social Skills Curriculum.
- * In academic support I support the health and wellness course in 9th that all of my students take. We have weekly/monthly discussions on what make a whole person including topics such as good meal options, the importance of physical activity, safe sex (to support the health curriculum and to keep my at risk students safe), safe dating, drugs, and alcohol.
- * Personal Strengths and Learning styles - Self Esteem, self-care, and stress management.
- * Plague research essay- takes a full month.
- * Nutrition project using government websites and library databases.
- * I teach Physical Education and Team sport throughout the year.
- * Biology.
- * I do not have specific lessons, though the topic is woven in through discussion of food and hobbies.
- * Reading and writing assignment about the NFL play 60 initiative and how we can create healthier habits in our schools. Energy in versus energy out tag game. Fitness goal setting and time dedicated in class to work towards achieving our fitness goals. Fitness baselines.
- * Nutrition - reading labels - familiarity with MyPlate - many others related to substances, emotional well-being, self-discovery - coping mechanisms etc.
- * Growth Mindset and Mindfulness lessons.

* 20 minute class presentations on hand washing with activities provided to classroom teachers to reinforce learning. Presentation on "Being a pal to friends with allergies." Annual school presentation on street and bicycle safety.

* Marathon history & training.

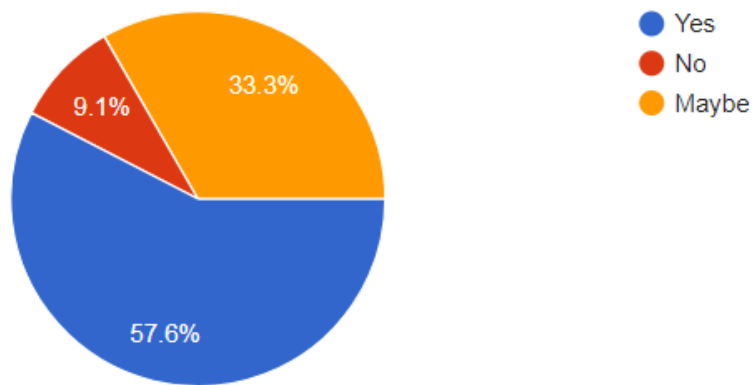
* I teach human body systems, so diet and exercise are emphasized.

* I do a lesson on increasing your heart rate through exercise.

* Immunity Boosting Foods.

* In Spanish, we talk about keeping active and eating a healthy diet. We view the food pyramid in Spanish and identify food groups and the number of servings recommended.

3. If no, would you be willing to teach one lesson each year if the material was provided to you?

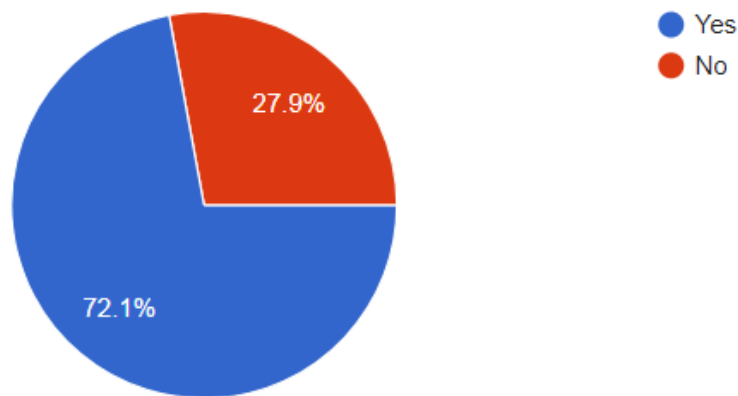


Goal Area: Integrating Physical Activity into the Classroom Setting

Goal: All students at the elementary and middle school level will have an opportunity to engage in physical activity across the school day as follows: Elementary - 20 minutes of collective activity per day; Middle - 5 minutes of in school activity and the promotion of after school activities; High School - promotion of after school activities available to all students

Progress:

1. Do you provide opportunities for physical activities during class?



If yes, what kind of activities do you provide? Below are the teacher responses

- * Stretching, walking around the room, if needed walk in the hallways for some students.
- * Exercises twice daily (yoga, guided dance, stretching).
- * Movement breaks, exercise sessions, outdoor activities.
- * Movement breaks and seating options.
- * Little exercise activities and movement breaks.
- * Stations activities, movement in classroom but I would like to incorporate a Friday yoga or something that is a way for students to stay active during class.
- * Friday Fun- tossed salad game (students race to change seats before one is taken.) Vocabulary- "whack a word" review (students run up to wall with words to slap the correct one with a fly swatter before the other team does.).
- * Movement throughout the class, some activators with specific physical activities.
- * Students get up and move during class.
- * It's limited as compared to a P.E. class or such. There is some ability to get up and move around in order to get materials and equipment for the work. Not a lot, but helps kids some and not 65 minutes sitting at a desk all the time.
- * Invasion games, net games, striking and fielding, fitness, team building, dance and gymnastics.
- * I provide daily movement breaks between each lesson or transition activity in my classroom. I would also like to add that it would be helpful if we had health as a special subject class and or two gym periods per week for all

students at the Elementary level. This would be a great place to provide instruction in wellness for all students in the district.

- * Changing locations, shortened periods of sitting.
 - * We occasionally act out pastimes or mime certain actions and sometimes dance.
 - * Team builders, cardio type exercises, cardio type team games, strength type exercises, strength type partner or small team games/challenges.
 - * TPR (Total Physical Response), 4 corners.
 - * Occasionally walk - local field trip to look at fish pier or erosion etc.
 - * I like to give the students activities that are scavenger hunts in the classroom so that they are up and walking around.
 - * Station work where students move with partners to different areas of the room to complete an activity. Extra recess is earned by using the filled tanks. Extra gym time is also earned with the filling of tanks.
 - * GoNoodle (online interactive movement and mindfulness activities for the classroom) or other movement) brain breaks.
 - * GoNoodle
 - * For pre-reading, I often have my students complete anticipation guides where they read statements relating to the themes of their upcoming work of literature. They write either "A" for agree, "D" for disagree, or "A/D" if they agree somewhat and disagree somewhat. Then, they engage in a physical movement activity where if they wrote A, they go to one part of the room, as well as different parts of the room for D and A/D. They then discuss their responses to each question and move from place to place depending on their subsequent responses.
 - * GoNoodle, Harry's kindergarten (You Tube Music site), smartboard based.
 - * Walking.
 - * Sometimes we walk outside. We have practiced breath retention. We have done jumping jacks.
 - * Movement breaks, and PBIS sports and movement rewards.
 - * Hands-on tasks.
 - * Stretch breaks.
 - * Movement within the class, water breaks.
 - * Wall push-ups, stand and stretch with large muscle arm and hand movement.
 - * Students move around when asked to role-play in class, go to the board, and play games that require movement or standing. We walk to the lab.
 - * Fishbowl rewards – kickball against another class, extra recess, dance party, dancing games during morning meeting.
 - * In class we use a parachute to teach colors and directions. We do a warm-up each class which involves movement. I also use GoNoodle, just dance Zumba, and class movement breaks.
- GoNoodle on the Eno board daily to incorporate movement, site word song/dance video for kinesthetic learning, and meditation activities using the Echo dot.
- * All of our Kindergarten classes have an extra morning recess from September to the beginning of November.
 - * Brain breaks, movement/songs/dance activities for many ELA and Math skills prior to or after most lessons.
 - * Jawsome – open gym.

Goal Area: Communications with Parents

Goal: The Food Service Department will provide quarterly newsletters to parents and students regarding the food service program, healthy nutritional facts and information.

Progress: The Director of Food Services sent a newsletter (see attached) – “Nibbles” out to all parents in the first quarter of the year. The Newsletter is also accessible on the Monomoy Regional School District-Food Service website. The topics included information on teaching good food habits that included: Giving children enough table time to eat, skipping the urge to reward, punish or appease your

child with food; being a good role model-your child watches what you eat; and, ways to provide a nurturing place to eat. The next newsletter will be sent in April.

Record Keeping and Data Collection of the District Wellness Policy

The District will retain records to document compliance with the requirements of the wellness policy at Central Office. Documentation maintained in this location will include but will not be limited to:

Action	2017-18	2018-19	2019-20	2020-21
The written wellness policy	website			
Documentation demonstrating that the policy has been made available to the public	9/5/17			
Documentation to demonstrate compliance with the annual public notification requirements	Email to all parents			
Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC	Parent communication DWC meetings School Committee review and vote on policy			
The most recent assessment on the implementation of the local school wellness policy				
Triennial Progress Assessments				

Assessment on the Implementation of the Wellness Policy

It is required that once every three years there is an assessment on the implementation of the Wellness Policy. The District Wellness Committee reviewed the assessment tool that will be used. The Healthy Schools Program Framework for Best Practices will be used to assess the districts implementation of the policy. This is part of the Alliance for a Healthier Generation. The following are the modules that address school health:

- School Health and Safety Policies and Environment
- Health Education
- Physical Education and Other Physical Activity Programs
- Nutrition Services
- Health Promotion for Staff
- Family and Community Involvement

The modules are completed online and a report is generated for each school with the results. Based on the results, the school can fall into a Bronze, Silver, or Gold category of best practices. This tool would assist the District Wellness Committee formulate recommendations for revisions of the Wellness Policy every three years.

Conclusion

The Monomoy Regional School District Wellness Committee has been a strong group since its inception. They have worked hard to review and make recommendations for the wellness policy, develop goals, and review the assessment tool. The committee will meet one more time and review progress towards goals and make a plan for the 2018-2019 school year.