Wellness Policy Review

March 2020

Although it is hard to believe, our Wellness Policy is Fifteen years old! Our last review was in October of 2017. The Health Advisory Council meets quarterly to look at all health policies and health concerns in the district as well as the community.

I feel strongly that all of us, including this Committee and the current Administrative Team, are committed to providing every opportunity to improve the overall health of our children.

Although we have not met all of our recommended goals, we are moving in the right direction in addressing the health issues impacting our students.

As you know, the policy is divided in three main areas:

- Physical Fitness, Physical Activity, and Physical Education
- Nutrition and Food Offerings
- Programs Supporting Social and Emotional Health/Health Education

Positive Changes:

- We have been able to maintain PE up through grade 8, two days per week.
- Improved Food Offerings / Eric DeLisle-Chartwells (ex: whole grain pasta and pizza dough), Elimination of outside foods being brought in for parties/birthdays etc. / no use of food for manipulatives
- New Breakfast Program expanded to all schools September, 2019
- Fresh apples in all health offices being offered as a snack
- Program Development; SOS Signs of Suicide Prevention Program in grades 8 and 10, SBIRT Substance Use Screening/Prevention Program for Grade 8 and 9
- Collaboration with organizations, including parent groups and agencies who bring health programs to our students. (ex: Disability awareness: Kids on the Block, Drug Speakers etc.)
- Introduction of CASEL Social Emotional Learning Curriculum
- Addition of Health Teachers at the Middle School Level, addition of a new Curriculum Leader at the Administrative Level

As per our policy recommendations, we want to emphasize the need for a Comprehensive K-12 approach to Health Education and Physical Education. In order to provide that, a Coordinator would be necessary. We have Kristine Richards on board as a Curriculum Coordinator. Currently administration is implementing a Social/Emotional Curriculum which will be beneficial to all students Kg-Grade 12. We want our children to learn resiliency and coping skills at a young age that will benefit their health for a lifetime.