

CARVER PUBLIC SCHOOLS

WELLNESS COMMITTEE Update



CARVER PUBLIC SCHOOLS WELLNESS COMMITTEE MEMBERS

Jesse Boyle
Deputy Fire Chief

Christine Cabral
Interim Principal, CMHS

Renee DeMarsh
Phys. Ed. Teacher, CES

Jessica Foley, R.N.
School Nurse, CMHS

Sarah Goldstein, R.N.
School Nurse, CES

Miriam Gori
Parent Representative

Jacqueline Lake
Parent Representative

Scott Knief
Superintendent of Schools

Dr. Jessica Penalla
Associate Principal, CES

Michael Santos,
Comprehensive Health Chair, CMHS

Karen Showan, R.N.
School Nurse

Dr. Naomi Stahl
Associate Principal, CES

Brooke Thomas
Parent Representative

Sean Vance
Adjustment Counselor, CMHS

Theresa Vernazzaro
Dir. of Food & Nutrition Services

Cathleen Voss
Parent Representative

Reed Doherty
Student Representative, Gr. 6

Gina Marie Russell
Recording Secretary



WELLNESS COMMITTEE MEETING DATES 2022-2023

Nov 2 2022

Nov 30 2022

Jan 18 2023

Feb 7 2023

Mar 8 2023



CARVER PUBLIC SCHOOLS WELLNESS COMMITTEE GOALS

Develop lifelong skills and habits that focus on wellness as an essential part of the comprehensive learning environment.

School-wide wellness concepts will be designed to encourage positive experiences and repeated exposure to wellness behaviors. To enhance the learning experiences, schools will be encouraged to provide interdisciplinary opportunities that relate to good nutrition and regular physical activity.

Create more opportunities for students to engage in physical activities that promote movement and exercise.

Physical Education is included in the Carver Public schools education program K-12. Through this program, students participate in physical activities and gain an understanding of the benefits it has on the body. Physical activity will include instructional physical education, as well as more opportunities for students to be physically active throughout the day.

- Recess/WIN Block
- Interscholastic sports
- Morning Meeting/Transitions
- Clubs/Intramurals
- Team/Individual Fitness



CARVER PUBLIC SCHOOLS WELLNESS COMMITTEE GOALS

Support and promote balanced dietary habits that contribute to student's health and academic success.

For nutritional guidance for school and school-sponsored activities, see Healthy Students, Healthy Schools on www.Mass.gov

This document states, "the goal of the standards is to ensure that public schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate lifelong healthy eating behaviors"

Promote safe and supportive schools for all students and staff.

Programming, professional development, and curricula should focus on supporting whole child development, cultural sensitivity, mental health, and appreciation for all students. Bullying Prevention, counseling supports, and diversity awareness opportunities should be provided and evaluated as needed (including evidenced-based programs) to promote students' social and emotional development



CARVER PUBLIC SCHOOLS WELLNESS COMMITTEE GOALS

Promote community and staff involvement in supporting wellness.

It is imperative that our schools communicate effectively with families and the community. Educational opportunities will be provided through a variety of resources and programs to gain knowledge about healthy lifestyles, nutrition, health assessments, and fitness-related activities.

Maintain a districtwide Wellness Committee to:

- Meet quarterly to evaluate policies and procedures
- Provide effective resources
- Work collaboratively with schools
- Coordinate professional development

Develop respectful and responsible citizens through the promotion of wellness.



CARVER PUBLIC SCHOOLS WELLNESS PLAN UPDATES

- Addition of **FARM TO SCHOOL AGRICULTURE** as an essential component to wellness education

List already included: School environment, Fundamentals of fitness, Community involvement, Healthy habits, Values of exercise, Total body health, Good nutrition, Physical/emotional well being, and Ongoing program assessment

- Addition of **EMPLOYEE WELLNESS** to the list of staff nutrition education opportunities
- Addition of a specific **PHYSICAL EDUCATION & PHYSICAL ACTIVITY SECTION**

Which outlines the Physical Education program and the K-12 curriculum which follows the National Association for Sport and Physical Education Standards, along with the state physical education standards.

- Updated and defined **NUTRITION STANDARDS**



CARVER PUBLIC SCHOOLS WELLNESS PLAN UPDATES

Nutrition Standards:

The Carver Public Schools is committed to serving healthy meals to children, with **plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk**; that are **moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving** and to **meet the nutrition needs of school children within their calorie requirements.**

The school meal programs aim **to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices** while **accommodating cultural food preferences and special dietary needs.**

