

## WELLNESS REPORT 2017-2018

### Brockton and Randolph

#### School Overview

The May Center School for Brain Injury and Neurobehavioral Disorders is a day and residential school located in Brockton, MA. This year-round school provides educational, vocational, behavioral, medical and rehabilitative services to children, ages 5-22 with a range of neurobehavioral challenges. Diagnoses include acquired or traumatic brain injury, genetic or chromosomal disorders, seizure disorders, mood disorders, and intellectual and neurodevelopmental disorders.

The May Center School for Autism and Developmental Disabilities is a day and residential school located in Randolph, MA. This school provides year-round educational and vocational services to children, ages 2.9-22, with autism spectrum disorder (ASD) and other developmental disabilities.

66% of students at the 2 schools combined are eligible for free or reduced-priced school meals

#### About the Local School Wellness Policy

**Mission and Vision Statement:** The Brockton and Randolph May Center School's Wellness Advisory Committee's purpose is to provide nutrition education, physical activity, and other school based activities that are designed to promote student wellness in a manner that the May Center Schools determine appropriate.

In 2014, the schools created a wellness team that includes parents, students, the school's food service coordinator, nurses, physical education teachers, health professionals and school administrators.

The Wellness Advisory Committee met four times during the 2017-18 fiscal year in order to review policies and promote wellness in the areas of nutrition education, physical activity, all school activities and nutrition guidelines. The Wellness Committee identified goals and activities for the 2017-18 school year and is proud of its accomplishments.

#### **Wellness Policy Goals 2017-2018**

- *Revise our local school wellness policy to align with state and national requirements*
- *Increase physical activity opportunities for all students and staff*
- *Increase parent and community involvement to promote wellness through the sharing of information*
- *Increase healthy eating awareness by encouraging student engagement in nutrition education through experiences and projects*

#### Activities to Meet Wellness Policy Goals

##### **Revise the School Wellness Policy to Align with State and National Requirements**

To achieve this goal, the committee met with the May Institute's Quality Improvement department to collaborate on necessary revisions. Revisions included adding language about stress reduction, articulating the role of the Wellness Advisory Committee, and updating the physical education and student meals policies.

### **Increase physical activity opportunities for all students and staff**

To help students increase physical activity opportunities throughout the year, the May Center schools added several activities. The focus was on increasing ways in which all of the students could increase their physical participation, since students at the schools have a wide range of physical abilities.

In the fall, students participated in activities such as the Corn-Hole Activity, Walktober (where activity minutes per student were logged throughout the month), an all-school Special Olympics event in Randolph, and Harvest Festival activities (where students participated in bowling, relays and turkey hockey).

In the winter, students participated in the Holiday Jingle Bell Stroll, the Winter Dance, and the Lantern Walk Festival. In the spring, students participated in the Spring Dance (Prom) and Fitness Wednesday (relay races, flag football, soccer activities).



*(Brockton School Jingle Bell Stroll, December 2017)*

Also throughout the year, some students participated in Special Olympics events in football, basketball and track and field. Residential students went kayaking, rollerskating/rollerblading, jumping at the trampoline park, swimming, and exercised at the YMCA weekly.

At all events, parent volunteers, health and PE teachers, and classroom teachers helped students participate and track participation.

In some cases awards were given for participation. For example, for Walktober, students received a pumpkin stress ball. For Special Olympics events, students received medals for participating.

The new wellness activities reached approximately 199 students across both sites.

### **Increase parent and community involvement to promote wellness through the sharing of information**

To achieve the goal of increasing parent involvement, the schools asked for input from parents at the Wellness Committee meetings and at the Parent Advisory Committee (PAC) meetings.



*(Student Nina and Parent Amy, both members of the Wellness Committee)*

Parents requested online access to the school lunch menu and related nutrition and allergy information. Parents also requested having list of meal substitutions added to the drop down menu on the web site. Finally parents wanted to know in advance what meal will be available on holidays or half days when the regular meal service is not available. All of these requests were met.

Families received a wellness newsletter a few times during the year that reported on wellness initiatives and opportunities at the schools. Some newsletters included a health corner with healthy family tips and a healthy recipe.

A Friendsgiving festival was held in Brockton in November. Family members were invited and students were encouraged to try a variety of the healthy food options.

To achieve the goal of increasing community involvement, the schools interacted with the American Red Cross for an on-site blood drive, the Boy Scouts (who worked with students to create a Friendship Garden), the Hingham Police Department (who invited parents to a seminar entitled “Understanding and Preventing Drug Use in the Special Needs Community” and with Boston Bruins Hockey (who donated hockey equipment to the gym for our students to use).

**Increase healthy eating awareness by encouraging student engagement in nutrition education through experiences and projects**

To achieve this goal, students participated in hands on projects and real-life experiences to learn about food choices and the effects that these choices have on their health.

There was an increased focus throughout the year on eliminating unhealthy snacks and reinforcers and replacing them with healthy options. The Randolph program introduced 5 new healthy food choices to achieve this goal.

***Learn More about the John Stalker A-List:***  
[www.johnstalkerinstitute.org/alist](http://www.johnstalkerinstitute.org/alist)

The Brockton program continued to implement the John Stalker A-list for snacks sold at the school store in order ensure that only healthy snacks are offered to students. According to its website, the John C. Stalker Institute of Food and Nutrition supports healthy students and schools in Massachusetts with The A-List, an up-to-date and ever-expanding list of vending and snack products that meet the Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools and the USDA’s Smart Snacks nutritional standards, whichever is stricter

In March 2018, all classrooms in both schools participated in the Wellness Poster Art Show. Classrooms worked together to create posters with healthy slogans to show what wellness means to them. Over 30 student posters were on display, highlighting 13 wellness themes.



*(Poster submission from Randolph School)*

Some of the slogans were: “You Are What You Eat, From Your Head to Your Feet”, “Good health is Real Wealth”, “Healthy Snacks = Smaller Slacks”, “Eat the Best, Leave the Rest!”, “Protein Power! Get Strong, Live Long!”, and “Commit to Be Fit!”. After the Poster Art Show, posters were hung in the school cafeteria to allow students to continue to think about healthy eating topics at mealtimes. The Randolph school also had a healthy snack week and students enjoyed fruit smoothies.

**Committee Recommendations**

The Wellness Committee currently has no recommendations for policy changes or revisions. At their next meeting, the committee will identify new initiatives for the 2018-2019 year. The committee looks forward to another productive year and to promoting student wellness through further education and activities.