
Maynard Public Schools District Wellness Committee Update

**Maynard School Committee
January 10, 2019**

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Massachusetts Wellness Committee Requirements

- **Must be a group of individuals representative of the district**
- **Must be a standing committee**
- **Must meet at least four times a year and keep minutes**
- **Must make recommendations concerning school health/ wellness policies, programs, and practices**

Membership on the 2018-2019 Maynard Wellness Committee

- **Mary Ferranti, MHS School Nurse, Chair**
- **Mary Brannelly, Maynard School Committee**
- **Dan Costello, Fowler School, Principal and Parent**
- **Valerie Cairns, MHS**
- **Patricia DeMars, MHS**
- **Charles Gobron, Central Office**
- **Rebecca Lynch, Assabet Valley Boys and Girls Club**
- **Trista Manchuso, School Resources Officer**
- **Michelle Resendes, Business Manager**
- **Anthony Savard, MHS**
- **Heather Shastany, Food Services Director**
- **Brenda Sullivan, Fowler**
- **Emmeline Weeks, Student, MHS**

Social-Emotional Goal 2018-2020

- **Promote programs that will address social-emotional problems at early ages, reduce bullying and social violence, provide information on social media, and enhance guidance and school counseling services, preK-12**

Social Emotional Goal -- Action

- **Meet with members of the Green Meadow and Fowler PBIS (Positive Behavior Intervention Strategies) teams to determine ways the Wellness Committee can support their work**
- **Construct a list of community health resources available to students and parents and publicize this through our district communications**
- **Examine the level of school counseling, psychological services, and counseling services available to students and make any needed recommendations to district administration**

Physical Activity Goal 2018-2020

- **During the 2018-2019 school year, the School District will work collaboratively with Mass DOT's Safe Routes to School (SRTS) program in order to increase the opportunity for physical activity beyond the school day and promote pedestrian safety.**

Physical Activity Goal -- Action

- **Convene an informational sub-committee meeting of Wellness Committee members and representatives from SRTS**
- **Provide the opportunity for K-8 students and staff to participate in the SRTS's Winter Walk and Roll to School on February 6, 2019**
- **Encourage K-8 parents to complete SRTS's "Parent Travel Survey"**
- **Schedule Pedestrian Safety Presentation to all Grade 2 students this spring**

School Safety – Wellness Goal 2018-2020

- **Promote student wellness initiatives related to social media, vaping, drugs and alcohol abuse in conjunction with Maynard's School Safety Committee.**

School Safety Wellness Goal -Action

- **Formulate a list of all programs preK-12 that have recently taken place as well as a list of projected presentations and curriculum initiatives.**
- **Review feedback from students, faculty, and parents regarding the effectiveness of 2019 presentations and initiatives**
- **Prioritize Wellness and Safety Initiatives for 2019-2020 at a Joint Wellness-Safety Committee meeting in May**

Sound Nutritional Practices Goal 2018-2020

- **Promote practices designed to foster an environment in the Maynard Public Schools that promotes lifelong, sound nutritional practices.**

Sound Nutritional Practices --Action

- **Establish school gardens where students will have experiences planting, harvesting, and tasting nutritious foods**
- **Make recommendations regarding the MHS fundraising form and arrange training for student advisors to ensure compliance with regulations**
- **Support the efforts of two FSU dietician interns who will provide nutrition education classes K-12**
- **Include discussion with Foods Services Director at Wellness Committee meetings to promote the continuation of a quality food service program**

Next Steps --

- **Members of the Maynard Wellness Committee would like to report to the School Committee this spring to review progress on the goals, obtain feedback from the community, and plan to build on successes during the 2019-2020 school year.**