WEYMOUTH PUBLIC SCHOOLS

Strong Schools Strong Community

Health and Wellness Committee Update

February 5, 2015

Vision Statement

" We aspire to be a catalyst to promote healthy lifestyles and better nutritional choices for the Weymouth School Community. As a committee we will develop creative strategies which promote greater appreciation and respect for the link between wellness and school achievement "

Health and Wellness Committee Updates

- State regulations (105 CMR 215.000) mandate the formation of school district health and wellness committees to support previously developed health and wellness initiatives.

Our Structure

School-based Health and Wellness Teams

- Staff, Students and Families meet at least quarterly

District-wide Health and Wellness Team

- Representation from each School-based Health and Wellness Teams
- Administration
- School Committee
- Town Health Department
- Manet Community Health Center
- Chartwell's School Dining Services –Registered Dietitian
- Coordinator of Health Services
- Fire Department

Health

- World Health Organization defines Health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

- Merriam-Webster defines Health as the condition of being sound in body, mind, or spirit; especially: freedom from physical disease or pain

Health is Academic Because

- Health behaviors are associated with academic achievement
- School health programs can help improve students' academic achievement
- Health behaviors clearly influence the quality of life for youth and their ability to contribute to and live productively in society.

Healthy Eating and Academic Achievement

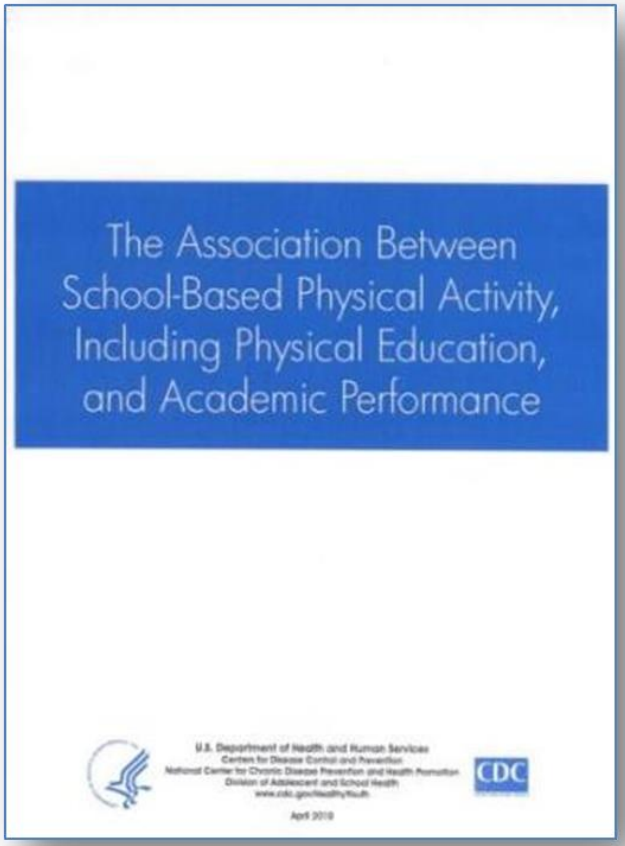
- **Dietary Behavior/Issue**
- **Participation in the School Breakfast Program (SBP)**
- Increased academic grades and standardized test scores
- Reduced absenteeism
- Improved cognitive performance

- **Skipping breakfast**
- Decreased cognitive performance

- **Lack of adequate consumption of specific foods**
- Lower grades

- **Deficits in specific nutrients**
- Lower grades
- Higher rates of absenteeism and tardiness

- **Insufficient food intake**
- Lower grades
- Higher rates of absenteeism
- Repeating a grade
- Inability to focus



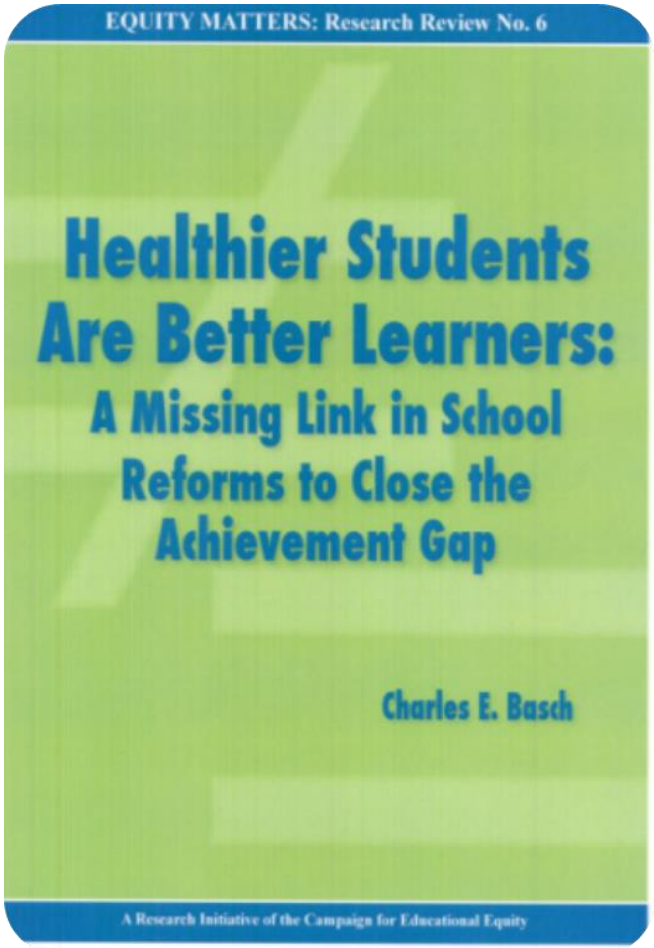
www.cdc.gov/HealthyYouth/health_and_academics/pdf/pa-pe_paper.pdf

Physical Activity

- Physical education
- Recess
- Classroom-based
- Extracurricular

Results

- School-based physical activity can:
- Help improve academic performance.
- Have a positive impact on education behaviors and cognitive skills.



"No matter how well teachers are prepared to teach, no matter what accountability measures are put in place, no matter what governing structures are established for schools, educational progress will be profoundly limited if students are not motivated and able to learn. Health related problems play a major role in limiting the motivation and ability to learn…"

~Charles Basch

http://www.equitycampaign.org/i/a/document/12557_equitymattersvol6_web03082010.pdf

HEALTHY WEY SCHOOLS

Healthy Wey is the town's wellness initiative.

Healthy Wey Schools began January 1 2015

Links

- About
- Event Photos
- Mass in Motion
- Members
- Moving Forward - Connecting Our Communities and Resources
- Partners
- Resources
- Resources to Live the Healthy Wey!
- Restaurant Initiative

Home › Departments › A - H › Health Department › Healthy Wey

Healthy Wey

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Welcome to the Healthy Wey Website! Our Town is very fortunate to host numerous healthy resources ranging from South Shore Hospital to the programs offered by the Parks & Recreation Department. Every Saturday morning (June to October), our residents enjoy a bountiful Farmers' Market at Town Hall. In addition we enjoy beautiful parks and beaches all week long! Please join us in our efforts to make Weymouth a healthier community by supporting the Healthy Wey initiative and using Weymouth's resources that are highlighted on this page. We are excited about our effort and the launch of our new website and hope that residents will learn and benefit from living the Healthy Wey!

Mayor Susan Kay

South Shore Hospital

Mass in Motion
Better health. It's your move.

Staff Contacts

Name	Title	Phone
Val Sullivan	HealthyWey/Mass in Motion Coordinator	781-340-5008

HEALTHY WEY
Linking the community to create A HEALTHIER WEYMOUTH

News & Announcements

- Fall Recipes
- ChopChop – A Free Monthly Newsletter
- Healthy Wey Cooking Show & Recipes
- Youth Heath Connection
- October is "Walktober"

Healthy Wey Calendar

« February »

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Agendas

- Healthy Wey/Mass in Motion Meeting
  October 30, 2014 - 1:30pm
- Agenda
  August 14, 2014 (All day)
- Agenda Healthy Wey Mass in Motion Meeting

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Student Work Permits
WeyCare
Bullying Prevention
Family Engagement
School Handbooks
TWPC
SEPAC
News Center & Photos
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VOLUNTEERISM
Strong Schools Strong Community

WEYMOUTH
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Links

- Monthly Health Calendars
- February is American Heart Month
- February is Teen Dating Violence Awareness Month
- Health Tips
- Health and Wellness Committee Meeting Dates

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Healthy Wey Schools

HEALTHY WEY SCHOOLS

February 2015 Health Tip #1

#1- Eat more heart-healthy foods

There are certain foods that are heart protective because they contain omega 3 and other healthy fats, critical vitamins and minerals, and fiber and phytonutrients that help keep heart tissues healthy. Here's a partial list of foods you should eat more of: salmon, ground flaxseed, oatmeal, black or pinto beans, raw almonds and walnuts, and brown rice. Among the many heart-healthy fresh fruits and vegetables, these are especially beneficial: orange vegetables, spinach, broccoli, tomatoes, asparagus, orange fruits, and blueberries. For more Healthy Eating Ideas Click Here

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News & Announcements

- Tips and Precautions for cold weather
- Parent Survey
- Textile Recycling Challenge Ongoing!
- 2014 - 2015 School Calendar
- Lens on Learning Video Featuring WPS' New Principals

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February is American Heart Month

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- Learn More about American Heart Month

American Heart Association.
life is why™

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Conditions

National Wear Red Day

Cardiopulmonary resuscitation can give amazing superpowers.

Read more of Marion Leary's column

Headlines

VIEW ALL

- Group seeks North Dakota tobacco tax increase
- Utah lawmaker proposes to raise smoking age
- Study: Labels wrong on many herbal supplements
- Nets scout has heart attack at practice
- Inhaled insulin launched
- Officials get tough flu vaccine questions

- Living with heart disease
- Prevention efforts aim to curb medical costs
- Obama details precision medicine initiative
- Health care repeal bill veto threatened

Warning Signs

American Heart Month

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Health Tips

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HEALTHY WEY SCHOOLS

February Health Tip #1

February Health Tip #2

February Health Tip #3

February Health Tip #4

February 2015 Health Tip #1

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Healthy Eating

Page Safety Tools

American Heart Association. life is why

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Nutrition Center | Physical Activity | Healthier Kids | Weight Management | Stress Management | Quit Smoking | Workplace Wellness

A healthy diet and lifestyle are your best weapons in the fight against heart disease. Use our recommendations to make smart choices that benefit your heart and your overall health.

Diet and Lifestyle Recommendations

Making Healthy Choices

Heart-Healthy Grocery

Nutrition Basics

Receive Healthy Living tips every month!

First Name (required):

Last Name (required):

Core Messages

- Healthy students are better learners
- Schools can influence eating and physical activity behaviors
- Healthy, successful students help build strong communities.
- All students deserve the opportunity to be healthy and successful

Questions

Success in School is More Than Just Academic

Academic Achievement

Academic performance

- Class grades
- Standardized tests
- Graduation rates

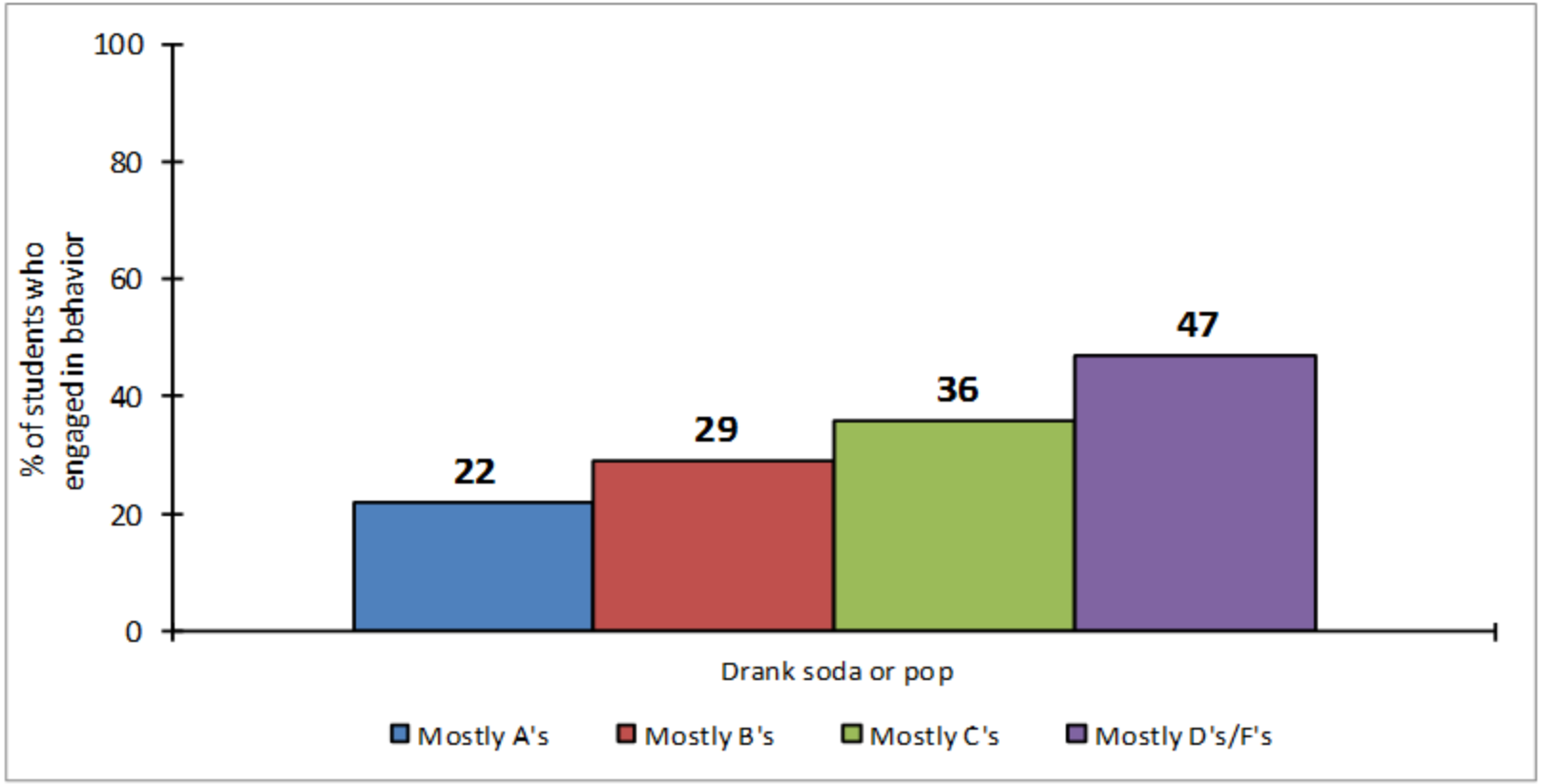
Education behavior

- Attendance
- Drop out rates
- Behavioral problems at school

Students' cognitive skills and attitudes

- Concentration
- Memory
- Mood

Percentage of High School Students Who Drank a Can, Bottle, or Glass of Soda or Pop at Least One Time Per Day,* by Type of Grades Earned (Mostly A's, B's, C's or D's/F's), 2009**



*Drank a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the 7 days before the survey.

United States, Youth Risk Behavior Survey, 2009, http://www.cdc.gov/healthyyouth/health_and_academics/data.htm

Physical Activity and Academic Achievement

Students who are physically active

- Have better grades, better school attendance, and better classroom behaviors

Increased physical activity and physical fitness levels

- Improved cognitive performance

Increased participation in physical education class

- Better grades, standardized test scores, and classroom behavior

Time spent in recess

- Improved cognitive performance and classroom behaviors

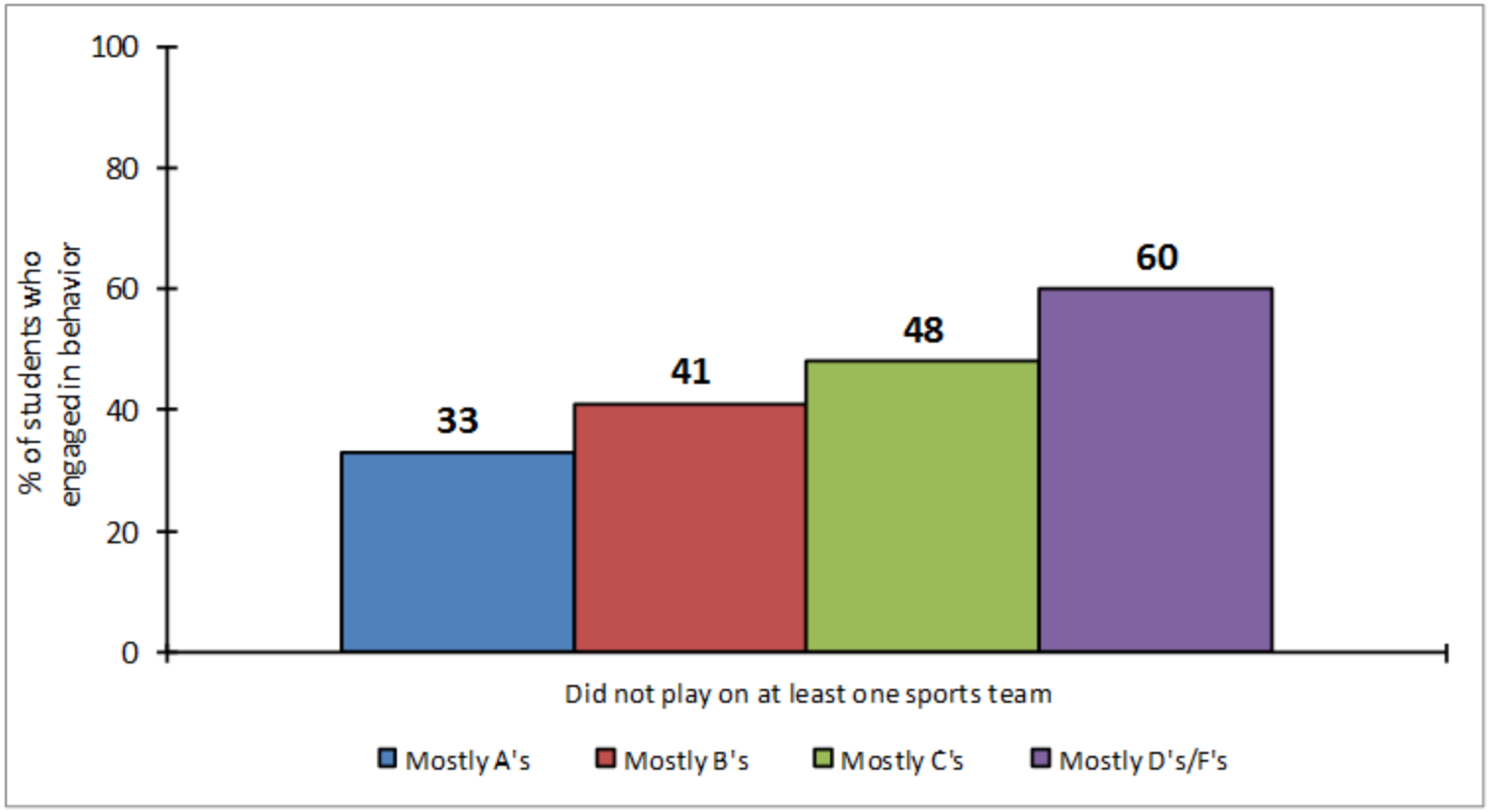
Participation in brief classroom physical activity breaks

- Improved cognitive performance, classroom behaviors, and education outcomes

Participation in extracurricular physical activities

- Higher GPAs, lower drop-out rates, and fewer disciplinary problems

Percentage of High School Students Who Did Not Play on at Least One Sports Team,* by Type of Grades Earned (Mostly A's, B's, C's or D's/F's), 2009**



*Run by their school or community groups during the 12 months before the survey.
United States, Youth Risk Behavior Survey, 2009, http://www.cdc.gov/healthyyouth/health_and_academics/data.htm