

WELLNESS REPORT 2018-2019

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. The 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. The 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 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 an appropriate and relevant way.

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

The Wellness Advisory Committee communicated across settings throughout the 2018-19 fiscal year in order to review policies and promote wellness in the areas of nutrition education, physical activity, community involvement and BMI awareness. The Wellness Committee identified goals and activities for the 2018-19 school year and is proud of its accomplishments.

Wellness Policy Goals 2018-2019

- *Increase physical activity opportunities for all students and staff*
- *Increase community participation and family involvement in our programs in order to promote wellness through cooperation and information sharing*
- *Increase healthy eating and BMI awareness by encouraging students to make better food choices, exploring alternate behavior reinforcers, and tracking BMI*

Activities to Meet Wellness Policy Goals

Increase physical activity opportunities for all students and staff

To help increase physical activity opportunities throughout the year, the May Center schools encouraged student participation in several activities. The focus was on providing and encouraging physical activity for our students who have a wide range of physical abilities. School staff participated alongside the students in order to motivate them and enhance their participation.

In the fall, students engaged in activities such as beach ball volleyball games, an all-school Special Olympics event in Randolph, and Harvest Festival activities at both schools (where students participated in pumpkin relay races, pumpkin bowling, and turkey hockey). In October, students at both schools followed a preset route and walked for 30 minutes while trick or treating around the school campuses.

In the winter, students participated in the Holiday Jingle Bell Stroll and the Lantern Walk Festival. Both events were music themed and encouraged groups of students to walk, move and dance to seasonal music for 30 minutes. Students in Randolph also participated in a Dance Party event in February.

In the spring, exercise equipment was refreshed and new exercise equipment was purchased for some of the residences in the Brockton program. In Randolph, students participated in the spring Walk-A-Thon where students and staff completed as many laps around the track as possible. Students were encouraged to walk, jog, run, skip and dance during the 35 minute event.

In July, the much-anticipated splash pad opened at the Randolph campus giving students opportunities for exercise, sensory exploration and play. Classrooms use the splash pad area during weekly scheduled times of approximately one hour blocks.



(Randolph Splash Pad)

Also throughout the year, some students participated in competitive Special Olympics events in football and basketball. Residential students went bowling, mini golfing, hiking, rollerskating/rollerblading, jumping at

the trampoline park, swimming, and exercised at the YMCA weekly.

At the events, parent volunteers, health and PE teachers, and classroom teachers helped students participate and track participation. The physical activities reached approximately 193 students across both sites.

Increase community participation and family involvement in our programs in order to promote wellness through cooperation and information sharing

To achieve the goal of increasing community participation, the Randolph program welcomed local high school students to volunteer at the school-wide Special Olympics event in the fall. Volunteers had a big impact on the success of the day and both communities were able to meet new people and learn new skills.



(Sharing the Harvest Community Farm in Dartmouth, MA)

In May, the Brockton program took a team of students and staff to volunteer at the Sharing the Harvest Community Farm in Dartmouth, MA. Volunteers at the farm provided hands-on education to our students and showed them how to plant vegetables for neighbors in need. According to its website, Sharing the Harvest is a nonprofit, volunteer-driven community farm that was established in 2006 as a grassroots response to hunger at the local level. The farm's mission is to alleviate hunger, promote volunteerism, and provide agricultural education on the south coast of Massachusetts. 16 students participated in this community opportunity and planted over 1,000 cucumber and zucchini plants.

Other interactions with the community included an on-site blood drive with the American Red Cross and collaborating with the Boy Scouts, who worked with students to create a Friendship Garden.

To achieve the goal of increasing family involvement in our programs, a Friendsgiving festival was held in November. Family members were invited and students were encouraged to try a variety of healthy food options.

In May, family members attended an International Day at the Brockton school in order to embrace diversity and continue to support an atmosphere of respect and appreciation. Students, teachers and families researched various countries and celebrated diverse cultures with posters and international food tastings. Some of the countries represented were Costa Rica, Egypt, England, India, Ireland, Madagascar, Portugal, Scotland, South Korea, and Taiwan.

Families were also provided with monthly school lunch menus throughout the year.

Increase healthy eating and BMI awareness by encouraging students to make better food choices, exploring alternate behavior reinforcers and tracking BMI

To achieve this goal, there was an increased focus throughout the year on decreasing unhealthy snacks and reinforcers and replacing them with healthy options. The Randolph program focused on decreasing edible reinforcers and using other more healthy options as a substitute. Some examples include using technology, encouraging community outings and visiting with preferred staff as reinforcers instead.

In September 2018, students and the transitional education staff prepared a healthy lunch for the entire Brockton school. The students were involved in meal planning, shopping, food preparation and serving the meal. In addition, both programs use the John Stalker A-list for snacks sold at the school store in order ensure that only healthy snacks are offered to students.

Learn More about the John Stalker A-List:
www.johnstalkerinstitute.org/alist

The Randolph school also encouraged healthy eating and lifestyle activities by including a healthy recipe corner in their family newsletters. The newsletters were sent to approximately 80 families and were also available in the school family/waiting room.

Wellness Corner
Healthy Eating



Directions

1. In blender, puree the ingredients until smooth.
2. **To make smoothie bowl:** Make Razzle-Dazzle Smoothie and transfer to bowls. Top with kiwi slices, coconut flakes, and raspberries

Ingredients

Mango Madness	Razzle-Dazzle
1 c. orange juice	1/2 c. low-fat milk
1/2 c. coconut yogurt	1/2 c. nonfat Greek yogurt
1 1/2 c. frozen mango	2 c. frozen raspberries
1 medium carrot, coarsely grated	2 bananas, peeled and cut into pieces

Recipes from www.GoodHousekeeping.com

(Healthy recipe from the family newsletter)

In order to achieve the goal of increased BMI awareness, the nursing department in Brockton has been developing an improved system for tracking BMIs with the goal of yearly screening for all students, and monthly screening for residential students.

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 2019-2020 year. The committee looks forward to another productive year and to promoting student wellness through further education and activities.