

WELLNESS REPORT 2019-2020

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.

72% 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 2019-20 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 2019-20 school year and is proud of its accomplishments.

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 participated in the Harvest Festival at both schools. In Brockton, approximately 46 students played corn hole and soccer and they danced to music. Students also competed in pumpkin relay races and corn shucking contests. In Randolph, approximately 150 students participated in group games, music, dancing, and art stations.

An all-school Special Olympics event was held in Randolph in September. Several Brockton students also participated in this Special Olympics event. In October, students at both schools followed a preset route and walked for 30 minutes while trick or treating around the school campuses. In November, the Brockton program held a sweatshirt fundraiser to raise money for new gym equipment. The successful event funded a complete reorganization of the gym closet with new equipment added for the students to use.

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, sing and dance to seasonal music for 40 minutes. Students in Randolph also participated in a Dance Party event in February.



(Jingle Bell Stroll)

Throughout the year, some students participated in competitive Special Olympics sports in football and basketball. Residential students went bowling, mini golfing, hiking, roller skating/rollerblading, jumping at the trampoline park, and swimming. They also exercised at the YMCA weekly.

In the spring, students at the Brockton program participated in a class lip sync dance off. When school closed for the coronavirus pandemic, wellness activities at both programs shifted to remote opportunities to keep physical activity alive. In Randolph, the Art, Music and Physical Education teachers posted a variety of YouTube videos and activities with healthy themes. Access information was provided to all students and families. Additionally, students at the Randolph program participated in a virtual dance party that encouraged movement in a social group environment. In Brockton, the Rehabilitation Department sent daily exercise challenges and wellness activities, as well as a monthly list of activities to students and families.

At the events, health staff, PE teachers, and classroom teachers helped students participate and track participation. The physical activities reached approximately 195 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. As in previous years, volunteers had a big impact on the success of the day and both communities were able to meet new people and learn new skills.

In November, as part of community outreach, the local fire department gave a presentation on fire safety, emergency response calls and evacuation routes to the students at the Randolph program. The students were able to interact with various pieces of fire fighting equipment including masks, respirators, and fire engines. They were also able to get a closer look at an ambulance.



When school closed for the coronavirus pandemic, both programs successfully continued the school lunch program and maintained its standards. School lunches were delivered daily to the residential programs.



Also in November, the Brockton program hosted the Friendsgiving Lunch and Disguise a Turkey Contest which helped achieve the goal of increasing family involvement in our program. Family members were invited to attend, and students were encouraged to try a variety of healthy food options.

Both programs use the John Stalker A-list for snacks distributed or sold at the school store in order ensure that only healthy snacks are offered to students.

In addition, the schools and families interacted with the American Red Cross for an on-site blood drive in Brockton.

To achieve the goal of increased BMI awareness, the nursing department in Brockton continued to track BMIs with the goal of yearly screening for all students, and monthly screening for residential students.

In May, family members at the Randolph program participated in the virtual dance party along with their children.

Committee Recommendations

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

The Wellness Committee currently has no recommendations for policy changes or revisions. At their next meeting, the committee will identify new initiatives for the 2020-2021 year. The committee looks forward to another productive year and to promoting student wellness through further education and activities.

September is food safety month, and the nursing department in Brockton educated the staff on safety regarding cleaning, cooking, separating and chilling food.

In the fall, both programs focused on healthy eating during the harvest festivities. At the Brockton program, students shucked corn during the day and enjoyed eating it at the residences in the evening. At the Randolph school, the harvest festival included stations that were themed around healthy eating.

In January, students and the transitional education staff in Brockton prepared a healthy breakfast for the Brockton school. The students were involved in meal planning, shopping, food preparation and serving the meal.

