

WELLNESS COMMITTEE

LINCOLN-SUDBURY REGIONAL SCHOOL DISTRICT

Members: Judy Belliveau, Vicky Caburian, parent representative Alice Domar Ph.D. Bob Harden, student representative Lizzy

WELLNESS POLICY

- Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors
- Support and promote proper dietary habits contributing to students' health
- Provide opportunities for students to engage in

Nutrition
Education

Fitness

Stress Mgt

School Climate

Mental Health

Physical
Environment

Wellness Policy

What we do well.....

- Nutrition Education
 - Integrated into Wellness Curriculum
 - Culinary Club
 - School Food Services offerings
 - Positive messages

Wellness Policy

What we do well.....

● Fitness

- Integrated into Wellness curriculum, such as cardio-vascular fitness, muscle fitness, dance, yoga, personal fitness
- L-S Fitness Center
- Open Gyms

Wellness Policy

What we do well.....

- Physical Environment
 - Building Cleanliness
 - Building Maintenance
 - Grounds Upkeep

Wellness Policy

What we do well.....

- School Climate
 - Anti-Bullying
 - Peer Mediation
 - **A**cknowledge **C**are **T**alk
 - “Community Connection” series

Wellness Policy

Where we can do better.....

- Stress Management
- Connections with LPS and SPS Middle Schools
- Student Behavior in Cafeteria
- Continued Awareness (depression, eating disorders, substance abuse)

2011-2012 GOALS

- Stress Management: *Race to Nowhere*
- Physical and Emotional Health: Engage community members in specialized Wellness topics
- Begin to make connections with Middle Schools

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