

**School
Committee
Presentation:**

**March 2019
New Wellness
Course Electives**

The Wellness Department Overview

- New Member - Jacob Jones
- Holistic Philosophy
- Meeting the needs of our ever changing and evolving demographic
- Focuses on Growth Mindset and Resiliency
- Social and Emotional Learning
- Fitness and physical movement.

Wellness Program 9-12

9th Grade

Required: Foundations of Strength Training and Intro to Wellness plus 2 electives

10th Grade

Required: Community Action and CPR and Outdoor Pursuits plus 2 electives

11th Grade

Required: Health Issues and Cardiovascular Health plus 2 electives

12th Grade

Participation in two workshop days. In addition students may choose to take Wellness as an elective and be a student leader.

Senior Wellness Requirement

All 12th grade students are required to participate in two workshops during the school year.

Semester 1: **Courage to Care**

This workshop has three components.

Students view *Escalation* produced by One Love to raise awareness about unhealthy relationships,

Film followed by student facilitated small group discussions to identify warning signs and to discuss strategies to prevent abusive relationships and develop healthy relationships.

Transitions the Real Story about Relationships at College: An LS MVP Alum Panel where college students share their experiences about acting as upstanders to prevent relationship abuse or breakup violence. Students also share strategies about keeping friends and self safe, healthy breakups and coping with loss. Followed by a Q and A.

Semester 2: **Senior Day of Service**

This day is an opportunity for the 12th grade students to give back to their communities and practice Wellness in action. Students are provided with a variety of volunteer options across intergenerational lines and live our school motto by “Think of yourself but think of others.”

Current Electives:

Adventure Experience: Adventure Recreation High Adventure Back Country Travel

Games Classes: Coaching, Teaching and Recreational Leadership; Territorial Games, and Fitness Games

Lifetime Games: Golf(included disc golf), Badminton, Archery and Fencing; Tennis, Rock Climbing and Volleyball

Lifetime Fitness Activities: Functional Fitness, Dance, Personal Fitness and Yoga

Life Skills: Strategies for Managing Conflict, Performance Psychology, Nutrition and Self Defense(Men's and Women's courses)

Why we are updating the Wellness Electives?

- ❑ Student Feedback from Student Wellness Curriculum Review Survey (Ongoing)
- ❑ MetroWest Health Data 2016
- ❑ Student Focus Groups 2017-18
- ❑ ED&E Summer work 2018

Areas of focus:

- ❑ Life Skills - cooking, conflict management,
- ❑ Activity classes like Territorial Games
- ❑ Courses that address consent and sexual assault
- ❑ Resiliency Skills - Meditation, Appreciation of Nature,

Name Change from Current Course

Fencing to Archery and Fencing

- Added Archery (certification June 2018). Class is now 10 lessons of Fencing and 10 lessons of Archery

Sport Psychology to Performance Psychology

- Focus includes ALL areas of performance, including the realm of sport

New Course Being Proposed:

Fundamentals of Cooking: Basic kitchen safety and food preparation skills

Stress Resiliency: Deepening of researched based mindfulness practices to enhance positive coping strategies (MWAHS)

Mentors in Violence Prevention: Alternating years with Conflict Management, relationships, consent, and abuse prevention strategies

New Courses continued

The Power of Play: Will be offered alternating years from CTRL, researched based benefits of play on creativity, productivity and happiness

Indoor Territorial Games: Will be offered on alternating years from Volleyball, students hungry for more games classes; new takes on classic games - basketball, tchoukball, broomball...

New Courses continued

Ballroom Dance: Alternating years with Dance, social dance, respectful interactions and conversations, exploring the history of dance styles and cultural appropriation

Neurology of Movement: Projected to be taught in 2020-21, the science behind how movement happens as well as techniques and strategies to enhance performance

Updates across Wellness Curriculum:

- SBIRT Drug Lesson Co-Taught with Clinical Counselors in 10th Grade
- Adventure Recreation - Orienteering & new activities
- Addition of Male Self-Defense class
- Sudbury Fire in CPR
- Lincoln and Sudbury SRO in Introduction to Wellness and Health Issues
- Vaping Education
- BU Dietetic Interns in October and March of each school year

Q and A

Wellness does not end when class is over.