

Welcome to the Wellness Department!

Presenters:

Susan Shields
Mel Gonsalves
Kelly Mazza

Students:

Maggie McLeod, 9th Grade
Tallulah Longtine, 11th Grade



Department Philosophy and Focus for the 2020-2021 School Year:

- Provide students with a safe opportunity to move and be active.
- Provide students with a safe opportunity to play and have fun.
- Provide students with a safe opportunity to safely socialize and interact with each other.
- Provide crucial curriculum from our required Wellness Courses for each grade level during the afternoon/Wednesday classes.
- Provide a focus on self care, resilience skills, and stress relief.

What does it look like:

All students attend 2 Wellness Classes each week:

- 1) Morning Activity In Person Class (Cohorts A & B) or Morning Activity Remote Wellness Class (Cohort R)
- 2) Afternoon/Wednesdays Curriculum Based Online Class (all Cohorts together)

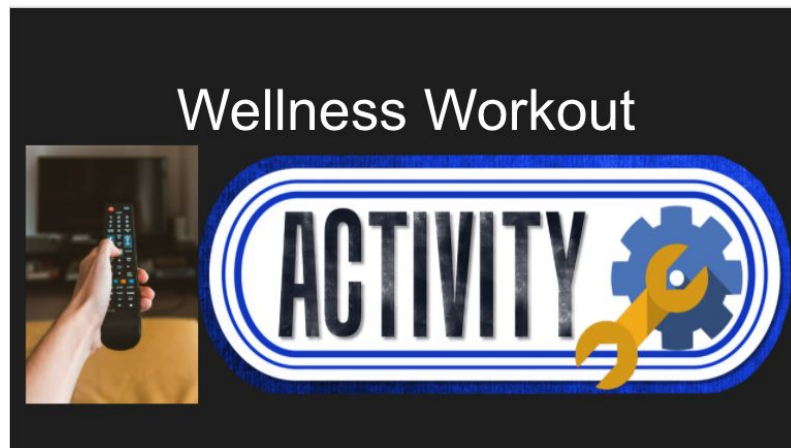
Morning Physical Activity– Cohort R (all grades)

What Remote Wellness Looks Like at a Glance

1. Healthy behavior Poll.
2. Small breakout room shares.
3. Daily Yoga Warm-Up.
4. Daily workout theme of the day:
 - About
 - Benefits
 - Instruction
5. Workout !!! Teachers, Ed Puzzle & YouTube.
6. Recovery/Stretch.
7. Healthy Fit Tip of the day.
8. Weekly Exit Ticket- Check in with Teachers

Staff Members:

Sarah Greeley
Shawn Miller



11th Grade: Morning Physical Activity (in person)

Teachers: Susan Shields, Greg Gammons,
Mel Gonsalves

Daily Class Agenda:

- Meet and greet/general team meeting.
- Relationship building through general Q and A initiatives.
- Create small cohorts/grouping for various games/activities. Encouraging Integration and working with different people.
- Indoor /outdoor :Racquet sports, soccer type games,golf, orienteering, kickball and floor hockey.



11th Grade: Afternoon/Wednesdays Curriculum Based Class (Online)

Health Issues Content:

This course content is designed to foster mature decision making as the course covers current information available on pertinent health issues facing young adults in today's society. Topics covered are stress resiliency; consent and relationship sexual assault; human sexuality and substance use/abuse. The content will be modified to fit an appropriate on-line format.

CV Health Content:

This course provides the fundamental principles needed to reduce the risk of heart disease. Students will learn basic anatomy and physiology of the cardiovascular system as well as risk factors and behaviors associated with heart disease. Students will also assess their current cardiovascular health and learn how to make proper adjustments to their personal workouts with the use of heart rate training zones and various methods of exercise. The content will be modified to fit an appropriate online format.

11th Grade Collaboration

Substance collaboration with Lincoln Det. Ian Spencer: Students receive pertinent information regarding substances and laws. Students are offered the opportunity to ask questions and build a relationship with our Lincoln SRO.

10th Grade Morning Physical Activity (in person)

Daily Agenda:

- **Community Building Experience (15 minutes)** Increase social experiences by utilizing Icebreakers, small partner games and fun initiatives exercises to build team trust, comfort and unity.
- **Activity Choice and Social Interaction:** Students are given a choice from 2 socially distanced and safe activities each class. To increase the social component and engagement, students are offered choice. To date, we have offered the following activities:

Snowshoeing, sledding, fitness walk on the outdoor trails, yoga/meditation, broomball, floor hockey, pickleball, badminton, soccer kickball, volleyball, and various icebreakers.



10th Grade: Afternoon/Wednesdays Curriculum Based Class (Online)

Outdoor Pursuits: This course content is designed to develop communications skills, increase mutual support of the team, gain a better appreciation of individual differences, understand group formation and group roles.

CPR and Community Action: This course provides students with the knowledge and skills necessary for dealing with first aid emergencies. Content covered: Hands only CPR, conscious choking, use of an AED, First Aid Emergencies and the Good Samaritan Laws.

Additionally this year: Students engaged in a Self-Care Project which focused on stress resiliency. Incorporated the Depression Workshop lesson into the curriculum.

10th Grade Collaborations



Depression Workshop with the Clinical Counseling Dept.: Students receive the opportunity to self-refer to connect with a counselor at the conclusion of this program. (March 2021)

Substance collaboration with the Clinical Counseling Dept.: Co-Taught Lesson Lesson on Substance use and the teenage brain (April-May 2021)

Collaboration with LS Librarians (Paula Myers and Peter Riedel) and the Tech Team: Developing a virtual escape room (May, 2021)

Sudbury Fire Dept and Safety Resource Officer Kim Walch: Presented to students on emergency situations and the Good Samaritan Law (November, 2020)

9th Grade: Morning Physical Activity (in person)

Teachers: Kelly Mazza, Jacob Jones, Vicky Caburian

Class Agenda:

- 1) Fitness Curriculum: Each class starts with 15 minutes of fitness concepts and a fitness circuit.
- 2) Activity Choice and Social Interaction: Students are given a choice from 2 socially distanced and safe activities each class. To increase the social component and engagement, students are offered choice. To date, we have offered the following activities:

Snowshoeing, sledding, fitness walk on the outdoor trails, yoga/meditation, broomball, floor hockey, pickleball, badminton, soccer kickball, volleyball, problem solving competition games, and various icebreakers.

9th Grade: Afternoon/Wednesdays Curriculum Based Class (Online)

Introduction to Wellness Content: Students will focus on self care and content related to healthy decision making. Students will learn about a variety of topics including (but not limited to): wellness philosophy: exploring and understanding self, mindset, stress, mental health and self care, substances, relationships, sexuality, accessing help and resources, decision making, and self reflection.

Foundations of Fitness Content: Students will learn basic fitness concepts, proper form and technique, and health related fitness content. A special focus will be given to fitness concepts utilizing very little equipment which can be done in school or at home.

9th Grade: Collaborations

Signs of Suicide Program in collaboration with the Clinical Counseling Dept.:

Students receive the opportunity to self-refer to connect with a counselor at the conclusion of this program.

Substance collaboration with SRO Kimberly Walch: Students receive pertinent information regarding substances and laws with a focus on building connections between our students and our SRO.

Collaboration with LS Librarians (Paula Myers and Peter Riedel): Focus on finding and evaluating health-related information on the internet. How to distinguish between reliable sources vs. those with an agenda (i.e., trying to sell a product, substance, or political policy). This collaboration ensured that all grade 9 students stay on track in practicing source evaluation, an important information and digital literacy skill.

Student Feedback (click on link to see more comments)

I simply love the activities and things we're discussing. I also like this class a lot because it teaches you to think outside the box and use different strategies. I also have some great friends in this class and I love doing these kind of things with them. Plus, the overall class mood is good and positively impacts me.

I really appreciate everything the wellness teachers are doing to make sure we're learning. Wellness is probably the hardest class to teach remotely and despite being remote half of the time, I still feel like I'm learning everything we should be learning this year. This class always has very clear expectations and instructions and it makes everything much much easier to manage. Thank you!

I like how the classes are more relaxing because it makes it a more enjoyable class for me. I also like how we learn about modern day issues like mental health.

We did a lot of enjoyable activities and I had a lot of fun. The class also taught me about health and safety issues like CPR. Wellness also had very little stress and was a relaxing break from the usually stressful school day.

It's really nice to get moving after sitting down for the first two blocks. I appreciate that the activities we do in in-person classes are socially distant and safe.

I loved all the fun physical activities and being able to combine classes and interact with your peers more when in person!! I like how you would get us to talk with one another and break the ice and work together on things and it was nice because most of the things we did were fun. I also liked that we could actually talk with people in this class -there seems to be no other time in school when you get to talk to peers. I also enjoyed getting exercise in the morning but it wasn't too much and was fun.

I really like having the peardeck slideshow and questions in online classes. The platform lets us answer questions honestly and anonymously and it helps keep me engaged during class time.