

FIRST READ – NOVEMBER 2018

STUDENT WELLNESS

The Brunswick School Board recognizes that student wellness is a major contributing factor to a students' readiness to learn. Student wellness depends on good nutrition and both physical and psychological well being. The Board is committed to providing a school environment that supports student wellness through healthy food choices, nutrition education, and regular physical activity. The Board believes that students who learn and practice healthy lifestyles in their formative years may be more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce their risk of obesity and other related chronic conditions.

Nutrition Standards

Brunswick School Department ensures, through its Student Nutrition policy and regulations (FILE: EF and EF-R) that meals provided by its Food Service Program meet or exceed the nutrition standards established by federal regulations.

Food and Beverage Advertising

Brand-specific advertising of food or beverages is prohibited in school buildings or on school grounds except for food and beverages meeting standards for sale or distribution on school grounds in accordance with Maine State Statutes and Federal Regulations.

Nutrition Assurance

Guidelines for reimbursable school meals are no less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and the National School Lunch Act.

Nutrition Promotion and Education

Nutrition education will be integrated into the instructional program through the health education curriculum as aligned with the content standards of Maine's system of Learning Results. Nutrition education should focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

Physical Activity

Brunswick School Department strives to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students and extracurricular activities (clubs, intramural and interscholastic athletics). School programs are intended to build and maintain physical fitness

and to promote healthy lifestyles. The schools should encourage parents to support their children's participation in physical activities, including available before- and after-school programs.

Other School-Based Wellness Activities

The schools, with prior approval of the Superintendent or designee, may implement other appropriate programs that support consistent wellness messages and promote good nutrition and physical activity.

For Board policy, regulations or guidelines for refreshments served at parties or celebrations during the school day see FILE: EF and EF-R, Student Nutrition policy and regulations.

The Brunswick School Department encourages staff and students to initiate programs for learning about and engaging in healthy lifestyle practices.

Appointment and Role of the Wellness Committee

The Board shall appoint a districtwide Wellness Committee comprised of at least one of each of the following:

- Board member
- School administrator
- Food Services Director
- Student representative
- Parent representative
- Community representative
- School nurse
- Teacher
- Guidance counselor
- Other staff, as designated by the Board
- Other persons, as designated by the Board

Implementation and Monitoring

The Superintendent or designee shall be responsible for the implementation of the wellness policy, for monitoring efforts to meet the intent of this policy, and for having the Wellness Committee update the Board as needed.

Reports may include, but are not limited to:

- The status of the school environment regarding student wellness issues
- Evaluation of the school food service program and compliance with nutrition guidelines
- A summary of wellness programs and activities in the schools
 - *Wellness Committee Goals shall be given to the Board by the end of September of each school year. Progress on goals shall be reported to the Board at the June meeting.*
 - *Minutes of each Wellness meeting will be posted on the School Website within one week of the meeting.*
- Feedback from students, parents, staff, school administrators and/or the Wellness Committee
- Recommendations for policy, program, or curriculum revisions

The Wellness Committee shall serve as an advisory committee regarding student wellness issues and will be responsible for making recommendations related to the wellness policy, wellness goals, administrative or school regulations and practices, or raising awareness of student health issues.

A. Wellness Goals

The Board, as overseer of public education, acknowledges its important role in improving the health of its students. The Board establishes the following goals to guide programming decisions made in our schools:

B. Nutrition Promotion and Education Goals

1. Nutrition education should focus on the skills students need to adopt and maintain healthy eating behaviors.
2. Nutrition should be integrated into other subjects as appropriate to complement, not replace, the health education program.
3. Consistent nutrition messages should be disseminated throughout the school system in the classrooms, the cafeterias, and the school-home communications.
4. Food services staff should be provided appropriate professional development,

C. Physical Activity Goals

1. The physical education program should provide students with the knowledge and the skills needed to be physically fit and take part in healthful physical activity on a regular basis.
2. Students should be expected to strive to develop motor skills that will enable them to apply those skills to enhance their coordination and physical performance.
3. Students should be expected to demonstrate responsible personal and social behaviors in physical activity settings.
4. Brunswick schools should provide a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive attitude toward health and fitness.
5. Brunswick schools should provide opportunities for physical activity through a variety of before-and/or after-school programs including, but not limited to, intramural sports, interscholastic activities and physical activity clubs.
6. Physical education staff and other staff involved in the delivery of such programs should be provided with appropriate professional development.

D. Goals for Other School-Based Activities

1. Brunswick schools should encourage maximum participation in school meal programs.
2. Brunswick schools should encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.
3. Brunswick schools should promote efforts to provide opportunities for students to engage in age-appropriate activities in both school and community settings.
4. School physical activity facilities should be made available after school hours for student, parent, and community use to encourage participation in physical activity.

5. Everyone participating in the school environment, including school administrators, staff, and students are encouraged to serve as role models in practicing healthy behaviors in the school environment.
6. Student organizations are encouraged to engage in fundraising projects that are supportive of student wellness.

Legal reference: 42 U.S.C. §1751

Cross-references: FILES EF, EF-R, Student Nutrition Policy and Regulations

FILE: ADC, Tobacco Free Schools

FILE: JICH, Drug, Tobacco and Alcohol Use by Students

Adopted: 8/9/06

Revised: 5/10/17

Revised 6/14/17

BRUNSWICK SCHOOL DEPARTMENT
REVENUE AND EXPENSE REPORT FOR OCTOBER 31, 2018

School Year 2018-19

Revenues		Approved 06/12/18	Adjustments	Revised Budget	Revenues through 10/31/18	Encumbrances	Remaining Bal.	% Collected
	Unapprop. Fund Bal.	\$ 2,611,364.00		\$ 2,611,364.00	\$ 2,611,364.00	\$ -	\$ -	100.00%
	State Subsidy	\$ 9,858,866.00		\$ 9,858,866.00	\$ 2,839,790.25	\$ 7,083,075.65	\$ 63,999.90	28.80%
	Local Share	\$ 25,354,211.00		\$ 25,354,211.00	\$ 25,354,211.00	\$ -	\$ -	100.00%
	Tuition	\$ 98,349.00		\$ 98,349.00	\$ 4,198.36	\$ 94,150.64	\$ -	4.27%
	Misc.	\$ 83,000.00		\$ 83,000.00	\$ 4,097.14	\$ 78,902.86	\$ -	4.94%
	Other (Local Nutrition)	\$ 126,420.00		\$ 126,420.00	\$ 126,420.00	\$ -	\$ -	0.00%
	Total Revenue	\$ 38,132,210.00	\$ -	\$ 38,132,210.00	\$ 30,940,080.75	\$ 7,256,129.15	\$ 63,999.90	81.14%
Expenses By Warrant Number		Approved 06/12/18	Adjustments	Revised Budget	Expended Through 10/31/18	Encumbrances	Remaining Bal.	% Expended & Encumbered
1	Regular Instruction	\$ 16,709,914.00		\$ 16,709,914.00	\$ 2,695,115.70	\$ 12,694,492.08	\$ 1,320,306.22	7.90%
2	Spec. Ed. Instruction	\$ 5,689,093.00		\$ 5,689,093.00	\$ 995,974.06	\$ 3,929,112.66	\$ 764,006.28	13.43%
3	CTE	\$ 114,412.00		\$ 114,412.00	\$ 38,137.44	\$ -	\$ 76,274.56	66.67%
4	Other Instruction	\$ 792,109.00	\$ 1,000.00	\$ 793,109.00	\$ 156,900.97	\$ 86,964.44	\$ 549,243.59	30.75%
5	Student & Staff Support	\$ 3,554,535.00	\$ 862.50	\$ 3,555,397.50	\$ 929,792.73	\$ 1,997,841.24	\$ 627,763.53	17.66%
6	System Administration	\$ 1,011,688.00	\$ (862.50)	\$ 1,010,825.50	\$ 319,036.35	\$ 585,826.17	\$ 105,962.98	10.48%
7	School Administration	\$ 1,702,486.00	\$ (1,000.00)	\$ 1,701,486.00	\$ 468,419.92	\$ 1,139,350.41	\$ 93,715.67	5.51%
8	Transportation	\$ 2,038,951.00		\$ 2,038,951.00	\$ 941,251.60	\$ 986,217.47	\$ 111,481.93	5.47%
9	Operation & Maintenance	\$ 4,800,012.00		\$ 4,800,012.00	\$ 1,292,183.67	\$ 1,795,160.46	\$ 1,712,667.87	35.68%
10	Debt Service	\$ 1,476,528.00		\$ 1,476,528.00	\$ -	\$ 1,476,528.00	\$ -	0.00%
11	All Other	\$ 126,420.00		\$ 126,420.00	\$ -	\$ 126,420.00	\$ -	0.00%
12	Adult Education	\$ 116,062.00		\$ 116,062.00	\$ -	\$ 116,062.00	\$ -	0.00%
	Total Budget	\$ 38,132,210.00	\$ -	\$ 38,132,210.00	\$ 7,836,812.44	\$ 24,933,974.93	\$ 5,361,422.63	14.06%
								85.94%

What is a therapy dog?

The role of a therapy dog is to “react and respond to people and their environment, under the guidance and direction of their owner,” (2018, March 19). Therapy dogs are not service dogs. Service dogs focus upon its owner excluding all else rather than the group or social setting.

What does research say about therapy dogs?

A 2014 study through St. Catherine University found, “The common areas in which a dog could assist students that school social worker participants identified include connection, relationships, and self-regulation,” (Putz, 2014, p 25). This research investigated the use of therapy dogs in four main themes: behavior issues happening within schools, how dogs can assist students with behavior issues, how students respond to dogs in school, and stress management for dogs. Findings show how the presence of a therapy dog can facilitate trust, connection, communication, as well as relieving anxiety.

Who would benefit at Harriet Beecher Stowe?

HBS houses three self-contained programs in our building. Students in these programs have multiple diagnoses which can impact their social emotional well being. Many of these students suffer from anxiety along with their academic learning delays. When students in these programs become escalated, or in crisis, many strategies are used to assist them in regaining control and returning to their baseline behavior. The use of a therapy dog at Harriet Beecher Stowe can add another tool or strategy for these students.

How does this fit in with the BSD policy on animals in schools?

In accordance with policy IMG- Animals in Schools, the proposed therapy dog will be used and restrained by her owner. He will be responsible for working, in connection with the case manager, with students when the therapy dog is present. HBS will also make sure to inform parents about the use of the dog within the programs so as to ensure there are no allergies or aversions. Additionally, proof of the therapy dog's vaccinations and veterinary records will also be kept on file in the building. Last, the use of the therapy dog ties directly to the social-emotional and functional programming needs of the self-contained programs.

Brunswick High School Music Department
2018 - 2019 Trip!



Walt Disney World
Orlando, Florida

Overview

Every two years, the BHS Music Program embarks on a "Music Department Trip" with the purpose being:

1) to compete in the Festival Disney Music Festival with the Wind Ensemble, Symphonic Band, Chamber Choir, Treble Choir, and Jazz Ensemble.

I. This will provide our students with an opportunity to be critiqued by internationally known clinicians and educators

II. We will compete against schools in our enrollment class from across the nation

2) to provide our students a clinic experience by having them conducted by an internationally known conductor and educator

I. Our students will attend a workshop immediately following their performance

II. The clinician will provide our students with important musical instruction and guidance on how to take their performance to the next level.

3) To provide a bonding experience for the members of the music department.

Educational Objectives

As with any trip the music department takes, a quality musical experience is of the utmost importance. Festival Disney is one of the premier music festivals in the country that hires foremost leaders in the industry to work with our students in an evaluation and clinic.

Festival Disney is a select festival requiring a comprehensive application to be considered for acceptance. We have no doubt that the music department will be selected to perform in the 2019 festival.

Festival Disney also fulfills many of the National Core Arts Standards for creation, performing, responding and connecting. You can read more about that here:

https://secure.as1.wdpromedia.com/media/youth/pdf/core-standards/2017/WDW-Festival-Disney_Core-Arts-Common-Core-Standards.pdf

Travel Dates/ Tentative Itinerary

**** Specifics are still being worked out based on enrollment in the trip. These are tentative dates/ times ****

Thursday April 11th - Early AM - Depart Brunswick For Florida

Friday, April 12th - Performance Day/ Disney Park Day 1

Saturday, April 13th - Performance Day/ Awards/ Disney Park Day 2

Sunday, April 14th - Disney Park Day 3

Monday, April 15th - Universal Studios

Tuesday, April 16h - Early PM - Return to Brunswick

Payment Schedule

The total cost is currently being factored out but our hope is that it should be less than \$1500/ student based on Booster contribution and total student participation. To adequately prepare financially, we have broken the payments up into even amounts over 7 months. (For what it's worth, the bulk of our cost is airfare. This is due to school vacation week but we felt that travel over this time was most beneficial since it had the least impact on academic time)

October 26th - \$250

November 30th - \$250

December 21st - \$250

***** December 31st is the cutoff date for additions to the trip. Additionally, no refunds can be given after this date!!! *****

January 25th - \$250

February 28th - \$250

***** March 22nd - \$250** - Depending on the music boosters contribution, this payment could be less

What does this include:

- 1) Flight (plus an extra checked item for instruments)
- 2) Hotel
- 3) Festival Disney fees
- 4) 2 meals per day (breakfast at the hotel and an extra meal in the park)
- 5) Transportation
- 6) Universal Studios Ticket
- 7) Admission to 3 Disney Parks

What this DOES NOT include:

- Spending money (plan on a meal/ day in a park based on student consumption)

Two quick thoughts:

- Holiday gifts can come from friends and family in the form of financial aid to the trip
- Money should be submitted by Check (Payable to BHS Music) with the payment month in the memo line

POTENTIAL QUESTIONS

- 1) **How many chaperones do we anticipate having?** We need 1 adult per 10 students. We are hopeful that over 100 students will come along so, at least 10. Mrs. Albert, Mr. Scarpone, and Mrs. Farnsworth (head administrative assistant in the office) are confirmed.
- 2) **How many students per room?** 4. Students will pick their own roommates at a later time
- 3) **All performing groups will have a performance. Students involved in band, choir, and jazz will be able to participate in all performances**
- 4) **Will there be a nurse or doctor in the group for students who may have health concerns?** Currently, there is not a medical professional traveling with us, however, we will have access to health care professionals throughout the parks and at the hotel. In the past, we have been fortunate enough to have a registered nurse along as a chaperone.

Financial Aid

Due to the number of students enrolled in the program, there will be LIMITED financial aid available. That being said, Mrs. Albert and I are 100% committed to making sure that all interested students are able to participate. Parents should contact us individually in a discrete manner so we are able to help on a case by case basis.

Fundraising

We will do our best to provide opportunities for students to raise funds throughout the year. The Music Booster's annual fall fundraiser, **A Night of Swing and Jazz**, has the potential to bring in substantial money. Our goal is to raise \$10,000 on this event.

If you have specific ideas for fundraising, please feel free to attend the music boosters meetings in the band room. Sign up for our remind group to keep on top of the meeting dates! We look forward to your input.

Festival Disney Commitment Form

2018 - 2019

Student Name: _____

Parent/ Guardian Name: _____

Parent/ Guardian Email: _____

Student Email: _____

Parent/ Guardian Phone: _____

_____ I am interested in Chaperoning the trip to Disney

Chaperone Priority goes to parents of Seniors. Chaperone Cost is equal to student cost

_____ We have read and understand that all money paid is non-refundable after December 31st

_____ We have read and understand the following payment schedule:

October 9th - \$50 NON REFUNDABLE DUE WITH COMMITMENT FORM!!!!

October 26th - \$200

November 30th - \$250

December 21st - \$250

January 25th - \$250

February 28th - \$250

March 22nd - \$250

Payment Included: _____ (Cash) _____ (Check)

THANK YOU FOR SUPPORTING OUR STUDENTS IN THIS FANTASTIC OPPORTUNITY!!!

