**End of Year Report: Wellness Committee September 2013**

The Brunswick School’s Wellness Committee met in October, January, March and May. Members included:

Lynn D’Agostino

Nancy Farrand

Jean Libby

Michelle Joyce and Janet Connors

Scott Smith

Maria Newcomb

Joan Mitchell

Dustin Slocum

Jessica Loney

Tracy Peck-Moad

Maura Banon Jennah Godo

1. Accomplishments

1. 5-2-1-0 Initiative: This initiative continued in all four schools in the district. School gardens were planted at Coffin, HBS, and the Junior High. The products were often cooked and served in the respective cafeterias. Efforts to increase physical activity were made at all four schools. Playground equipment was bought at Coffin and HBS. Morning Motion classes were very popular at the Junior High. The High School included physical activity in various events such as the Winter Carnival. Snack carts with healthy choices were operated weekly at Coffin and the Junior High. ACES day was celebrated. ( All Children Exercising Simultaneously) to great success. The High School organized a Color Run 5 K. Walk/Bike to school days remain popular with Coffin and HBS students. The committee was concerned that Midcoast Hospital no longer has a designated liaison for us. We will need to wait to see what happens as the school year progresses.
2. Food Services. We continue to have vibrant and healthy offerings for all four schools. Brunswick menus now meet more federal guidelines which results in an increase in federal subsidy of $.06 a meal. Farm to School Week, Maine Harvest Week and Color Week are a few of the activities that occur during the year. Breakfast is offered in all four schools.
3. Fund Raising Efforts. We continue to monitor the items that fund raising groups at all schools offer. It is hoped that more healthy choices can be offered.
4. Curriculum Update. The 6-8 Physical Education Curriculum was adopted in June 2013. The K-5 Physical Education Curriculum is written and will be presented to the School Committee in September of 2013. Still to be finished is the Health Curriculum K-8. It is hoped this will be ready for adoption by March of 2014.
5. Staff Wellness. Staff at all four schools participated in Path Wellness. In addition, there were activities at all four schools such as staff volley ball and staff bike trips and walks.
6. Attached please find School year 2013-2014 Wellness Goals.