# Wellness, Health & Physical Education Department Report

April 2018 School Committee Report

## **Program Review Update**

#### Completion Scheduled for June 2018

- New courses finalized for WHS
- Alignment to National Standards at all grade levels
- Site visits completed Spring 2018
- Curriculum documents online Fall
   2018
- Website updated reflecting our department's work



## Strategic Plan Updates

#### COMPLETED

- Professional development fully integrated in collaborative manner
- Adapted & alternative PE being delivered more systematically to meet diverse needs
- Differentiation through student choice of curricula at WHS
- WHS PE website up to date with resources

#### **NEAR COMPLETION**

- Curriculum documents revised,
   aligned and in process of completion
- WHS curriculum piloted and will begin full delivery fall 2018-19 (High School Courses on P.E. WEBSITE)
- Fitness delivery and reporting updated for 2018-19
- Technology integration implemented at all facilities
- Scheduling classes based on values

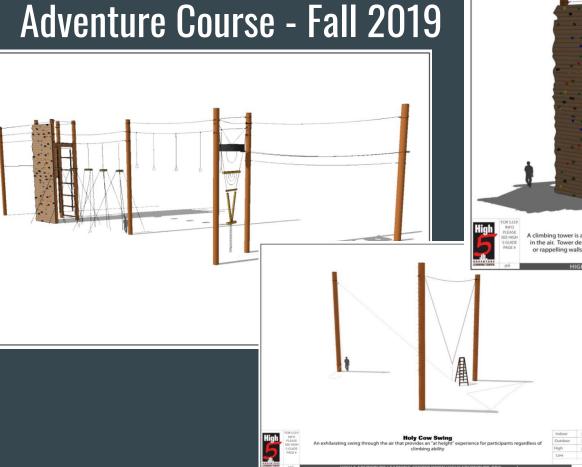
## Strategic Plan Updates

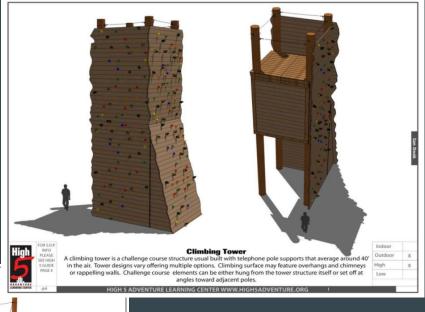
#### **WORKS IN PROGRESS**

- High Adventure ropes course at WHS (Fall 2019)
- Health & wellness delivery
   K-12
- Health delivery at Mill Pond specifically
- Intradepartmental professional development

#### **ONGOING EFFORTS**

- Community connections for wellness
- School community leadership for wellness
- Technology integration at all levels
- Use of data to drive instruction at all levels
- Partnership with Metrowest Healthcare Alliance





Training leadership, teamwork, healthy risk taking and reaching kids who may otherwise not be reached.

## Using our Data - LGBTQ Youth at Westborough HS

## Health Behaviors and Experiences of LGBTQ Youth in Westborough (Grades 9-12)

Highlights from the 2016 MetroWest Adolescent Health Survey

10% of high school youth identify as lesbian/gay, bisexual, questioning, or transgender (LGBTQ).\*

LGBTQ youth face higher rates of harassment and bullying than their peers.

1.7 in 10 LGBTQ students

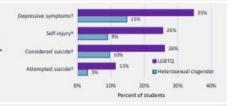
have been verbally
harassed at school because
of their sexual orientation.\*

LGBTQ	Heterosexual cisgender
22%	17%
24%	17%
4%	2%
	22%

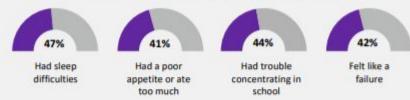
Many LGBTQ youth feel connected with their school, but reports are lower than their peers.

For example, 56% of LGBTQ youth agree/strongly agree that they feel like "part of their school," compared to 76% of heterosexual cisgender youth.

Mental health problems are elevated among LGBTQ youth.



# Nearly half of LGBTQ youth report symptoms of anxiety that impact their physical and mental health:5



#### Adult support is a significant protective factor for LGBTQ youth.

While adult support is lower among LGBTQ youth compared to heterosexual cisgender youth, the majority of LGBTQ youth have a supportive adult at school (63%) and outside of school (84%). Mental health problems and substance use are lower among LGBTQ youth with a supportive adult in their lives than those without adult support.

HEALTH

The MetroWest Adolescent Health Survey (MWHAS) is conducted by Education Development Center, Inc. with funding from the MetroWest Health Foundation. The MWAHS is an anonymous survey of youth in 25 communities. One of the largest student surveys in the nation, its goal is to inform local policies and programs. In 2016, 43,772 students took surveys, representing over 95% of students in the region.



- \* Questioning includes youth who are not sure of their sessed orientation
- Paul 12 months
- \* At achool or on their way tofrom achoo; past 30 days 

  \* Reports are oftenivery often; past two weeks

Providing skills to teachers to support ALL students including this specific sub-group

## **Update on Staffing**

#### Current Staffing:

- New HS team, knocking it out of the park!
- K-12 staff members bringing curriculum to life
- Integral in design of new HS offerings starting Fall 2018/19

### Moving Forward:

- Additional staffing partial position due to:
  - Increased enrollment
  - School start time changes
  - Implementation of new WHS curriculum
  - Department structure changes

## --- Professional Development ---

- MAHPERD Nearly full staff attendance
- 3/4ths of staff trained in Dialectical Behavioral Therapy for Classroom (DBT)
- Ongoing individual preparation through PD

- Wake Up Westborough
- Leaders in district wide PDDay
  - Pickleball, Functional Fitness, Knitting
  - Physical Stimulation
  - Transformation Truths
  - Wake Up Westborough

# Questions?