

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

Adventure Course - Fall 2019



High 5 FOR S.O.P. INFO PLEASE SEE HIGH 5 GUIDE PAGE #

Climbing Tower
A climbing tower is a challenge course structure usually built with telephone pole supports that average around 40' in the air. Tower designs vary offering multiple options. Climbing surface may feature overhangs and chimneys or rappelling walls. Challenge course elements can be either hung from the tower structure itself or set off at angles toward adjacent poles.

Indoor	
Outdoor	X
High	X
Low	

HIGH 5 ADVENTURE LEARNING CENTER WWW.HIGHSADVENTURE.ORG

High 5 FOR S.O.P. INFO PLEASE SEE HIGH 5 GUIDE PAGE #

Holy Cow Swing
An exhilarating swing through the air that provides an "at height" experience for participants regardless of climbing ability.

Indoor	X
Outdoor	X
High	X
Low	

HIGH 5 ADVENTURE LEARNING CENTER WWW.HIGHSADVENTURE.ORG

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.

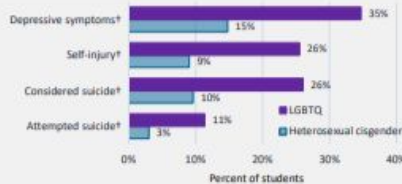
1.7 in 10 LGBTQ students

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

	LGBTQ	Heterosexual cisgender
Bullied on school property [†]	22%	17%
Cyberbullied [†]	24%	17%
Missed school due to feeling unsafe [‡]	4%	2%

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.

METROWEST HEALTH FOUNDATION

The MetroWest Adolescent Health Survey (MWAHS) 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, 40,772 students took surveys, representing over 90% of students in the region.

EDC Learning transforms lives.

* Questioning includes youth who are not sure of their sexual orientation

† At school or on their way to/from school, past 30 days

‡ Past 12 months

§ Reports are otherwise 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 PD Day
 - Pickleball, Functional Fitness, Knitting
 - Physical Stimulation
 - Transformation Truths
 - **Wake Up Westborough**

Questions ?