

CPS Wellness Program Grid

<i>Level</i>	<i>Nutrition</i>	<i>Physical Activity</i>	<i>Personal Safety</i>	<i>Well Being</i>
<i>Pre-K</i>	<p>-Lion's Pride Full-Day Childcare (opposite half of school day): peanut safe tables (or preferential seating) as needed, elementary school lunches, moving toward "A List" snacks Day Childcare/Preschool : peanut safe tables (or preferential seating) as needed, elementary school lunches, moving toward "A List" snacks Lion's Den Preschool at CHS: Moving toward "A List" snacks, farms/gardens & the healthy food we grow.</p> <p>-Summerfest Full-Day Childcare: peanut safe tables(or preferential seating), will use nearly all "A List"</p>	<p>-Lion's Pride Full-Day Childcare/Preschool: outdoor & gym activities, gross motor indoor play</p> <p>-Lion's Den Preschool at CHS: outdoor & gym activities, movement activities in classroom (dancing, stretching, scooter races)</p> <p>-Summerfest Full-Day Childcare: "Amazing Race" earning "fitness miles" as they "travel" around the world (includes 3 trips on the Bike Trail). Daily indoor/outdoor recreational activities</p> <p>-CHIPS-daily recess, Weekly PE and Adaptive PE (per IEP) classes, motor activities embedded into curriculum, Sensory Motor Room available as needed</p>	<p>-Lion's Pride Full-Day Childcare/Preschool: fire safety, stranger awareness</p> <p>-Lion's Den Preschool at CHS: fire safety, keeping hands to yourself, using words instead of hands to show feelings, how community helpers help us</p> <p>-Summerfest Full-Day Childcare: Bike Safety Program</p> <p>-CHIPS-yearly fire safety presentation by Chelmsford Fire Department, children learn parent phone numbers, Bike helmet safety, stranger awareness embedded into curriculum. Children learn how to recognize feelings in others and express their own</p>	<p>-Lion's Pride Full-Day Childcare/Preschool: hand washing education, All About Me, and Feelings curriculum units.</p> <p>-Lion's Den Preschool at CHS: discussions on healthy eating, manners, Tree of Good Deeds, sharing, hand washing,</p> <p>-Summerfest Full-Day Childcare: no formal offerings, however, staff works with children daily on anti-bullying, body image and social skills.</p> <p>-CHIPS-Second Step Curriculum, Bucket Fillers program or the like, children learn personal care around toileting and proper hand washing skills, sharing, taking turns, and playing cooperatively part of curriculum</p> <p>RN on duty for health issues</p>

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<p>Elementary</p>	<p>snacks -Nut Free/Allergy Free Tables at Lunch -CHIPS-“peanut safe” classrooms, no food celebrations, parents encouraged to send healthy snacks</p> <p>-Peanut safe Tables -Parent communication concerning allergies in the classroom -Nut Free classrooms Promote healthy snacks -Food limits on holiday and birthday celebrations -BMI Screening Bulletin Boards on Nutrition</p>	<p>-P.E. once a week -Kindergarten classes (.5 day) 15 minute recess -35-40 minutes recess times for each grade level per day Fitness Calendars (sent home) each month -Power Stations in some classrooms -Dance/Movement in Music classroom -Energizer activities in the classroom -Walk to School program at South Row -Walk-a-thon program at South Row</p>	<p>-Fire Safety program with Fire Department (K-2) -Fire Drills -Evacuation - Drills/Lockdown drills -Bike Helmet Safety program with Chelmsford Police Department -Helmet Safety Bulletin Board -Research information about playground equipment safety -Bulletin Boards promoting Safety Issues</p>	<p>-Second Step=social/emotional/anti-bullying program, K-4 -“Have you Filled a Bucket Today” program—anti-bullying/K-4, positive school culture -Meaningful Mentors—teacher mentor program for at risks students K-4 -Social Thinking Curriculum—Social Skills program taught K-4 -“Peaceful Bus” –anti-bullying, social problem solving, school wide assemblies</p>
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	<ul style="list-style-type: none"> -Food play production at South Row -Participation in Dental program -All meals are nutritionally balanced for the week -Fresh fruit is offered on Wednesdays and Fridays -Fresh carrot sticks are offered on Fridays -Fresh side salad is offered two days per month 	<ul style="list-style-type: none"> -APE for students with IEPs -Safe Routes to Schools 		<ul style="list-style-type: none"> -Social Skills Lunch Groups-K-4/Friendship groups -Zones of Regulation: Self Regulations Curriculum-ADHD, Sensory, behavioral -Anger Management groups: 1-4 -Family Change/Divorce Groups: K-4 -“Coping Cat”-CBT Anxiety Program (groups and individual) -Parenting education (parent consult) -Grief Counseling (individual and group) -Assertiveness Training (individual and group) -Collaborative Problem Solving (teacher, student consults) -AA Therapy/Play Therapy (group and individual) -Relaxation techniques/stress reduction (classroom and group) -Character Education—
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				<p>Classroom guidance based on many themes</p> <ul style="list-style-type: none"> -Crisis Management -504/IEP Meetings -Transition to Middle School groups (4th grade)
Middle	<ul style="list-style-type: none"> -Serving only whole wheat pizza -Baked cookies, muffins, and rolls are 51% whole wheat. -Using more frozen vegetables versus canned. -Fresh fruits offered daily. -Fresh salads with protein offered daily. -85% of snacks in the vending machines are on the John Stalker Institute of Food and Nutrition A list. -Health Education Classes grades 5 – 8 have a 	<ul style="list-style-type: none"> -P.E. twice a week for 5th and 6th graders all year. -PE offered to 7th and 8th grade students 1 semester per year (2 days a week for one term and 3 days a week for one term). -1 recess for 5th and 6th grade per day. -Intramurals offered 3 times per week starting in October going thru to June. -APE for students with IEPs. -A fitness room was set up at Parker Middle School for both faculty and students to use. -Cross Country Team has been established at McCarthy Middle School. 	<ul style="list-style-type: none"> -Fire Drills. -Evacuation Drills/Lockdown drills. -Bike Helmet Safety unit in the 5th grade health classes. -Sun Safety unit in the 6th grade health classes. -Have an entry plan when visitors enter into building. -Restraint training -Buzzer system -Visitor sign in 	<ul style="list-style-type: none"> -Pawsitive Paws. -Advisory -Crisis Management. -504/IEP Meetings. -Transition to High School groups (8th grade). -Move Up day (all grades). Grief Counseling (individual and group). -Second Step (Anti Bullying Curriculum); 5th and 6th grade. Deals with the emotional, physical and social aspects of a student's life). -School Psychologist at each middle school. -Guidance Counselors at each Middle school. -SOS: Signs of Suicide training for all Health and PE teachers.

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	<p>comprehensive nutrition curriculum that align with the Mass state frameworks.</p> <ul style="list-style-type: none"> -Nut Free/Allergy Free Tables at Lunch 			<p>-A comprehensive health curriculum that focuses on the physical, mental/emotional and social well being of students.</p>
High	<ul style="list-style-type: none"> -Serving only whole wheat pizza -Baked cookies, muffins, and rolls are 51% whole wheat -Using more frozen vegetables versus canned -Fresh fruits offered daily -Fresh salads with protein offered daily -85% of snacks in the vending machines are on the John Stalker Institute of Food and Nutrition A list -Freshman Health 	<ul style="list-style-type: none"> -Active Life I & II PE courses for all freshman and sophomores. -A Channel Your Energy elective which is offered to juniors and seniors. -Varsity, Junior Varsity and Freshman athletics offered year round. -Intramural volleyball and indoor soccer tournaments -Activity groups that involved physical activity (running club, ping pong club, ultimate Frisbee club) 	<ul style="list-style-type: none"> -Fire Drills. -Evacuation Drills/Lockdown drills. -Have an entry plan when visitors enter into building. -Restraint training. -Drug Awareness committee at CHS. -Security cameras -Security Plan -Entry Plan -Youth Risk Behavior Survey 	<ul style="list-style-type: none"> -Crisis Management. -504/IEP Meetings. -PRIDE awards. -A comprehensive health curriculum that focuses on the physical, mental/emotional and social well being of students. -Sociology courses that deal with the mental/emotional and social well being of society. -Psychology curriculum focused on the biological and psychological factors of well-being -Resiliency program -SST -Live Smart group that promotes making smart

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	<ul style="list-style-type: none"> -Classes offer a comprehensive nutrition unit. -Power of Choice nutrition course is offered to students in grades 10 -12. 			<ul style="list-style-type: none"> choices and living healthy. -Clinical Psychologist at the High School -Guidance Counselors at High School. -SOS: Signs of Suicide training for all Health teachers. -Freshman English courses that have an anti-bullying unit within their curriculum -Freshmen Mentor Program -Advisory block
Community Education	<ul style="list-style-type: none"> -Extended Day (before & after school care): peanut safe tables (or preferential seating) as needed, moving toward “A List” snacks. -Summer School: Moving toward “A List” snacks (snack sales are DECA fundraiser) 	<ul style="list-style-type: none"> -Extended Day (before & after school care): outdoor & gym activities -Kindergarten/Childcare (opposite half of school day): outdoor & gym activities -Summer School: Offers make-up Physical Education class -Adult Education & Recreational Classes (typical offerings – vary with the seasons): 	<ul style="list-style-type: none"> -Extended Day (before & after school care): no formal presentations because children receive them during the school day -Kindergarten/Childcare (opposite half of school day): no formal presentations because children receive them during the school day -All staff in all programs 	<ul style="list-style-type: none"> -Extended Day (before & after school care): no formal offerings, however, staff works with children daily on anti-bullying, body image and social skills. -Kindergarten/Childcare (opposite half of school day): no formal offerings, however, staff works with children daily on anti-bullying, body image and

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	<p>-Adult Education Cooking Classes: Attempting to offer healthier options</p> <p>-Involved in Greater Lowell health Alliance (GLHA) healthy weight task force: meeting every other month</p> <p>-Chelmsford has farmer's markets July to October outside on common and then inside at Agway November through February</p> <p>-Yearly town wide wellness fair: local supermarkets participate and promote healthy food choices</p> <p>-Biannual CHS wellness fair</p> <p>-(6) week "Healthy Inside Out" program for town employees</p>	<ul style="list-style-type: none"> ○ CPR, First Aid (ages middle school & up) ○ Yoga (ages middle school & up) ○ Line Dancing (ages middle school & up) ○ Zumba (ages middle school & up) ○ Tai Chi (ages middle school & up) ○ Reiki (ages middle school & up) ○ Karate (ages 3 & up) ○ Aerobics (ages middle school & up) ○ Creative Movement (ages 2-4) ○ Golf (ages 6-15) ○ Sky Hawks programs: soccer, t-ball, basketball, 	<p>are encouraged to attend Darkness to Light Training (many already have).</p> <p>-Nurse in building is a trained facilitator for Darkness to Light.</p> <p>-Many staff members are trained in CPR, First Aid, Epi-Pen.</p> <ul style="list-style-type: none"> • RN on site for many of our childcare programs. <p>Substance abuse awareness vendors at wellness fairs</p> <p>Fire safety with "Pluggy" at health fair</p> <p>Emergency preparedness programs for personal planning and safety in disaster</p> <p>Member of Local Emergency planning Committee for Chelmsford LIVESMART</p> <p>Member of Drug Awareness committee at CHS</p> <p>Townwide substance</p>	<p>social skills.</p> <p>-Summer School: Students sign No Tobacco Policy</p> <p>-Adult Education & Recreational Classes (typical offerings – vary with the seasons):</p> <ul style="list-style-type: none"> ○ Stress Relief (ages middle school & up) ○ Weight Loss <p>Coordinated implementation of Project INTERFACE for town of Chelmsford</p> <p>Organized an 8 month long series of meditation classes that were held once per month for two hours each</p> <p>Involve acupuncturists, reiki, massage, and</p>
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	<p>sponsored through Stop and Shop dietician</p> <ul style="list-style-type: none"> -Transitions Lifestyle nutrition program (12 weeks): 2 sessions for town employees -Offer cholesterol screenings for residents 3 - 4 times per year 	<ul style="list-style-type: none"> lacrosse (ages 3-10) <ul style="list-style-type: none"> o Tennis (ages 4 & up) o Field Play: track & field games (ages 4 & up) o Summer Basketball Program (grades 1-12) <p>-Established small exercise room inside town hall for employees (elliptical, bike, treadmill, exercise ball, resistance bands, and 5 - 25lb free weights)</p> <p>-Promoted at both CHS and town wide wellness fair by having exercise demos, and fitness facilities participate</p> <p>-Signage at elevators to encourage use of stairs</p> <p>-Article written in the monthly GLHA newsletter on "Simple Ways to Increase Activity"</p>	<p>abuse program on may 9th</p> <p>Stewards of Children darkness to Light child abuse prevention awareness facilitator</p> <p>Established unwanted medication drop box at police station</p> <p>Coordinate sharps drop offs 3-4 times per year</p> <p>Involved in task force for planning for an emergency shelter for individuals requiring additional assistance as well as accommodating animals in a shelter</p>	<p>yoga into wellness fairs</p> <ul style="list-style-type: none"> -Coordinate with others in community for substance abuse awareness programs -Member of GLHA mental health task force -I am a referral resource for residents seeking information on mental health and senior care services -Promote awareness with wear red days, wear pink days for American heart and cancer -Offer some immunizations to residents -Annual flu clinics for community and in schools
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