

Annual End of Year Report on the District Wellness Policy Action Plan

May 26, 2022

The goal of this year was to focus on reinforcing healthy habits and supporting healthy learners returning during the COVID-19 pandemic.

During the 2021-22 school year, the District Health and Wellness Committee (DHWC):

- Scheduled a session during the April Professional Development Day, on grief and the pandemic. The session was presented to all interested staff by Greg Marley, Clinical Director, NAMI Maine.
- Promoted Maine Employee Association Benefits Trust (MEABT) staff wellness events including:
 - The “Self-Care Challenge”
 - The “Daily Acts of Kindness Challenge”
- In partnership with Mid Coast Hospital, promoted the 5-2-1-0+8 Let’s Go message in schools, focusing on **social/emotional health, healthy eating, and physical activity for students and/or staff**. Work completed or currently in progress includes:
 - BCS – Expanded trail network, and trail signage for the community. Established a Forest Playground and continue to provide supplies for active outdoor activities.
 - BHM –Renovation of the walking track around the playground, to encourage more physical activity throughout the year.
 - HCS –Exploring options to establish a sensory path that best meet the needs of students at HCS for stress/anxiety reduction.
 - WCS – Support hydration and stress reduction. Provide water for staff. Will promote tips to staff that focus on self-care.
 - WES – Support hydration and healthy snacking. During the final weeks of school, provide staff with healthy drinks and snacks to keep hydration and energy levels up.
 - MAMS – Purchased a water bubbler for the staff room. Since March 15, staff have consumed more than 35 gallons of water using the new bubbler.
 - MTA – Creating a Community Garden, Project GROW. Funds to support the purchase of fencing, seedlings, a hose/reel, and other garden tools such as a wheelbarrow, and the materials for the raised garden beds that will define the garden.