

## Wellness Policy: Assessment Report

To: Head of School, Judson McBrine

From: Washington Academy Wellness Committee

Date: May 15, 2018

Dear Mr. McBrine:

The Wellness Committee met on the following dates for the school year, 2017-2018. September 20, 2017, December 13, 2017, March 7, 2018 and May 10<sup>th</sup> 2018, to evaluate and review the Wellness Policy. The following are steps taken to meet the requirements of this policy along with steps necessary to ensure an always improving wellness program:

- The School Nutrition Services Manager met with and surveyed several students to get their feedback about the food service program and to solicit ideas on improvements.
- The Wellness Committee continues to support the general wellness of all faculty and staff by offering them membership to the local fitness center at the University of Maine at Machias. We continue to offer chair massages at no cost to the employees on a monthly basis. The Wellness Committee also continues to celebrate staff birthdays each month and we work to promote a healthy lifestyle by all participants.
- The Wellness Committee continues to welcome input from the public. We make available to the public through our website and Facebook page the school lunch menus and the special meals that are offered periodically to part of the general public such as the seniors who come to Senior Luncheons once or twice a month.
- The Wellness Committee continues to suggest to you courses and programs that can aid in our efforts to better educate and prepare our students when it comes to healthy choices and healthy lifestyles. For the upcoming school year 2018-2019 we recommend that we have one teacher who is solely responsible for teaching Personal Fitness and we ask that you consider adding one more section of Health.
- We have worked with the Guidance Department to bring in experts to work with students in the following areas during the school year 2018-2019: *Suicide Prevention, Healthy Choices/Healthy Lifestyles, Dangers of Texting and Driving and Drug and Alcohol Awareness.*
- We make available to the public the findings of the Wellness Committee through social media and mailings home to parents.

Sincerely,

The Wellness Committee  
Chair Person: Tim Reynolds/Associate Head of School