

Annual Wellness Committee and Physical Education Report 2021

Date: May 6, 2021

To: Superintendent Gessner and Port Townsend School Board Directors

From: Shelby MacMeekin

Subject: Wellness Committee

Section I – Current Wellness Committee Work

- Family Cooking Class Opportunities were offered:
 - Family engagement opportunity
 - Collaboration with the community food bank
 - Recipes available online and in person
 - Offerings were recorded and published on the website in order to make sure that there was optimal access for families
- Support for additional physical activity and extracurricular activities at all levels
 - YEA! Music was provided for middle school and 4th and 5th grade students
 - After school activities were offered at the high school
 - Family engagement and other physical activities were provided at the elementary level
- Built a Foundation of Support for Social Emotional Wellness through:
 - Full Implementation of Second Step (SEL Curriculum) at K-5
 - Second Step was also introduced at Middle School 6-8
 - K-5 Students were Offered Safeguarding lessons
 - Art Installations, installed throughout the district, offer uplifting messages
 - An Anti-bullying play was offered through Taproot theater
 - Mindfulness activities were offered at Salish Coast
 - The Benji Project assisted with Mindfulness activities at the Middle School
 - Collaboration with the Kiwanis Club provided nourishment for students, K-8
 - Skillmation provided mentorship at the secondary level

Section II – Update on Physical Activities in School K-12

- Elementary K-5: Sheri Shaw
 - Articulated year-long curriculum map
 - Partnership with Running Club as part of the PE program
 - Remote engagement with “charms”
 - During the closure
 - Weekly lesson plans via SeeSaw and Google Classroom
 - Provided online resources and fun fitness activities for families to do at home
- Middle School: Mark Tallarico
 - Safe Routes to School Bike Education Program
 - Community Partner: Jefferson County ReCyclery
 - Provided weekly lessons via Google classroom
- High School: Logan Stegner
 - Physical and Mental Well-Being
 - After School Activities and Health and Fitness Challenges were offered
 - The combining of sports opportunities with Chimacum was very positive
 - Some students have helped with the rebuilding of the weight room

Section III – Moving Forward

- The Wellness Committee will focus on physical and emotional wellness as we move forward and will incorporate this oversight into the strategic plan.
- The School Board will examine Policy 3115 and a committee may be formed to examine the work of the Wellness Committee as it pertains to social emotional needs and school culture.
- Continuation of our created priorities, pre-pandemic, with a particular emphasis on social emotional needs as we move toward a more typical school day:
 - Priority 1: Create learning communities where all students feel welcome
 - Priority 2: Address Substance Use in our Schools and Community
 - Priority 3: Increase the amount of time students move throughout their school day
 - Priority 4: Continue to use the Nutrition Program and School Gardens to enhance wellness in our district