

**CITY OF SOMERVILLE, MASSACHUSETTS  
SCHOOL COMMITTEE**

**Monday, August 27, 2018 – Regular Meeting**

7:00 p.m. - Board of Aldermen Chambers- City Hall

**Members present:** Futrell, Pitone, Palmer, O’Sullivan, Ackman, Normand, Green, Alderman Ballantyne

**Members absent:** Mayor Curtatone

**I. CALL TO ORDER**

Chair Green called the meeting to order at 7:06 p.m. with a moment of silence followed by a salute to the flag of the United States of America.

Chair Green asked the Superintendent for a roll call, results of which were as follows: PRESENT – 7 – Futrell, Palmer, Ackman, O’Sullivan, Normand, Ballantyne and Green, ABSENT – 2 –Curtatone and Pitone.

Pitone arrived at 7:09 p.m.

**I. APPROVAL OF MINUTES**

- JUNE 18, 2018

MOTION: Ms. O’Sullivan made a motion, seconded by Dr. Ackman, to approve the minutes for 6/27/18. The motion was approved via voice vote.

**II. NEW BUSINESS- OUT OF ORDER**

**B. PARENTING JOURNEY, PARENTS BILL OF RIGHTS**

Parenting Journey’s Parent Advisory Council is comprised of parents and caregivers who participated in at least one Parenting Journey group, are committed to creating a more equitable society in which all families thrive, and reflect the diversity of the parents with whom we partner. The Parent Advisory Council resolves to lead efforts among our parents, staff, board, and supporters to fight for policies that tear down systems of oppression.

There was discussion involving the amendment of the end of the last paragraph in the Parents Bill of Rights. Vice Chair Normand made a motion to add, after “socioeconomic status,” “and disability status.” to make it more inclusive, seconded by Dr. Ackman. Chair Green requested a second reading at the following Meeting.

There was additional discussion including the specific role of the School Committee; are they to provide feedback, adopt it for the district, endorse it? Chair Green explained that it is a resolution of principals and statement of values to be approved by the School Committee. Ms. Pitone followed with a question to Superintendent Skipper about what the expectations are and how it will be used for the district. Superintendent Skipper went on to explain that it would be another way to show support for various parts of the community, its about inclusivity. Mr. Futrell voiced a concern about some of the topics on the Parents Bill of Rights like affordable child care, living wages, comprehensive wages etc. and how district employees might interpret them.

Ultimately the board did not feel comfortable voting on this resolution at this meeting and want to discuss it further at the following meeting with amendments and additions provided by Parenting Journey, as well as a written resolution by Ms. Palmer.

**III. REPORT OF STUDENT REPRESENTATIVES**

Apology to Student Representatives by Chair Green for not being added to Meeting Agenda. Emily Nash was in attendance and stated that there is nothing to report at this time.

**IV. OUT OF ORDER- WELCOME NEW PRINCIPAL OF THE HEALEY SCHOOL**

Chair Green welcomed Principal Jenna Cramer and invited her to greet the School Committee members. Principal Cramer expressed how happy she is with the district and how welcoming everyone has been, she wanted to see how it got that way by attending the School Committee meeting. Ms. Normand went on to welcome Principal Cramer as well and say how incredibly happy she is with the current team at the Healey School, given the history of principal changes at the Healey School. Superintendent Skipper also welcomed her and added how fortunate we are to have a seasoned Principal at the helm matching a great leadership

team. Chair Green personally thanked Principal Cramer for having met his incoming Kindergartener, she is very excited to attend school.

## **V. REPORT OF SUBCOMMITTEES**

**A. Educational Programs and Instruction Subcommittee:** June 18, 2018 (Ms. O'Sullivan)  
Education Programs & Instruction - Meeting Minutes - June 18, 2018

The Education Programs & Instruction sub-committee held a meeting June 18, 2018. Sub-committee members in attendance were Paula G. O'Sullivan, Emily Ackman, and Dan Futrell. Participating district staff included Assistant Superintendent Almi Abeyta, Early Education Director Lisa Kuh, SFLC Director Nomi Davidson, Capuano Principal Cheryl Piccirelli, and Parent Child Home Visiting Program Director Fernanda Villar.

Ms. O'Sullivan called the meeting to order at 6:09pm.

Dr. Kuh, and other members of the Somerville Early Education Steering Committee, presented a recent report, entitled Ready to Learn, Ready for K: Somerville's Early Education and Care Plan. The Steering Committee worked this past year to prepare a vision for Early Education for the next three years, in support of the School Committee's goal: Develop a comprehensive plan for universal kindergarten readiness that supports intellectual, physical and social/emotional growth from birth to pre-K. The plan reflects our City's family-centered values with a vision for a system that serves all children and is built on the assertion that all of our children should have equitable access to high-quality early learning experiences prior to kindergarten.

The report, reflecting trends across the state and the country, identifies four essential needs for Somerville to meet its commitment to children and families, and makes recommendations for each.

1. Mixed-Delivery 2. Partnership Model to Achieve High-Quality Early Learning in All Settings 3. Single Point of Entry: Information and Access for Families 4. Building and Sustaining Prenatal-Age 5 Comprehensive Wrap-Around Services 5. Data Sharing- Student Insights for Early Education

The plan, which was formally released to the community during the Week of the Young Child in April, presents an approach that fully integrates school, city and community groups, utilizing a "braided" funding strategy that aligns School Department and Human Services resources for these efforts while at the same time leveraging federal and private resources to maximum advantage in support of our children. The plan builds on foundational ongoing work that includes conducting a needs assessment of the community, building out curriculum, providing professional development and coaching to staff, and developing the workforce pipeline. The work has already shown promising results in kindergarten readiness, as measured by KESI (Kindergarten Entry Skills Inventory) but that persistent learning gaps remain for our most vulnerable students. The plan, created in consultation with Strategies for Children, outlines the necessary steps to address those gaps and truly serve all of our children.

With no further business, the meeting was adjourned at 7:00pm.

MOTION: Dr. Ackman made a motion, seconded by Ms. Palmer, to accept the report of the Educational Programs and Instruction Subcommittee of June 18, 2018.

The motion was approved via voice vote.

## **VI. REPORT OF SUPERINTENDENT**

### **A. DISTRICT REPORT**

The Superintendent presented her district report. She began by thanking the two retirees, Ana Noguera of Somerville High School and Linda Russell of Food Service, listed on the personnel report for their years of service. She pointed out the resignation portion of the personnel report and what a short part of the page, which speaks to a stable year in terms of the human capital strategy of retention. Also brought attention to the small number of LOA's compared to the 55 maternity LOA's from the previous year.

Superintendent Skipper is very excited about the new school year and spoke on the wonderful summer school program, where 1500 students were in attendance, more than any other year. She went on to give specific thank you's starting with DPW for working their magic this year and getting all the buildings cleaned and ready, especially with the high school and WHCIS being offline. Thank you to Mike Bowler and Stan Koty for their support and immediate attention to all that is asked of them. Thank you to Chris Rais from Capital for the renovation of windows and roofing that went on this summer at the WHCIS and the construction at Somerville High School.

In terms of summer school, students had many program options designed to keep their minds and bodies active during the summer. To name a few: SPELL, Community Schools Adventure Camp, the Calculus Project, Music Camps, Special Education programming, Break Through Greater Boston, and Freedom School. This led to 1500 students being engaged and thriving during the summer.

Thank you to two key organizations that help ensure that all students have backpacks and supplies every year, we had more than 2000 backpacks delivered across the city. Thank you to Cradle and Crayons and the Somerville Kiwanis Club for their partnerships.

Also this summer we had the launching of the citywide Somerville Learning 2030 Visioning Process, this summer was the beginning of the formation of what the focus groups will look like. It's a great opportunity to shape what the community values and priorities are in relation to the youth learning experiences and development. It is impressive to see how the young people want to be a part of it, they want to be leaders. They are looking for a 10-12 year visioning process for the first time for youth development. As a District we will be undertaking at all levels, District, School Committee and City, a great deal of long range planning and strategic planning.

In terms of the Building Project at the high school, if you walk around you could see the progress, the wing adjacent to the library is completely gone. Again thank you to the Capital Projects team, SMMA, PMA and Suffolk Construction for their diligence and ensuring the project stays on schedule and their overall commitment to safety. Additionally, thank you to Leo DeSimone, he has taken on this project and has gone over and above to ensure good communication between what's going on in the project, our families and our staff. The Winter Hill Ribbon Cutting will be on September 10<sup>th</sup>, an invite will be going out for that. Principal Mazza and his team have been doing a great job in ensuring good communication.

We are also installing swipes, you will see them as part of the Mayor's work and DPW's work. In each of the school buildings there is an entrance that will have a swipe system. Within the next 8 to 10 weeks we will be programming swipe cards with ID's so that every faculty member will have an ID that will work in their door for particular hours, and some city and District staff will have access beyond that. It is very important in ensuring the safety of our children. Very happy that this is on target and that by Thanksgiving all of the buildings will be completed with the ID's.

Finally, Back to School nights are going to be back on the calendar so please check.

It is going to be very hot the next couple of days and we are taking all the precautions by ensuring that all the buildings have plenty of water, most of our buildings have AC, and for those that don't we are making sure that they have plenty of fans and that there is a plan in place for students and recess to keep them out of the heavy heat. Wednesday will be the hotter of the days, there is a half-day and that will stay in place, Thursday will remain a full day.

This concludes the Superintendents report.

Dr. Abeyta added a comment on the High School redesign. Over the summer SHS engaged with the Center for Collaborative Education on continued redesign of the high school. There was a retreat for the redesign team at Tufts all day on August 9<sup>th</sup>. At this time, they discussed plans for school year 2018-2019 and will be working on a draft comprehensive design plan with the goal to have this complete by the end of the fall.

Vice Chair Normand made a comment regarding the internal promotions on the personnel report and went on to read the list of names and congratulate all the candidates.

## **I. NEW BUSINESS**

### **A. Somerville Public Schools Policy Manual:**

The following policies are being presented tonight for the first reading:

- File: EFD – Wellness Policy, as amended
- File: GBBA-R – Gender Identity Support for Staff

Ms. Palmer was under the impression that this was read at the previous meeting and asked that members review her report from the last meeting in June. She went on to give a context for both policies. There was a discussion including the following:

- Procedure vs. policy and the separation of the two
- The definition of “Wellness”
- Decision by the rules subcommittee to move the policy forward with feedback to the wellness committee and the intention to make future amendments

Motion by Ms. Palmer to table this policy, pending review by the Superintendent’s office, seconded by Ms. O’Sullivan.

**B. Somerville High School Diploma:** (recommended action: approval)

- Leybi Matal Ramos
- Samip Sharma
- Jaileen Alicea
- Targie Alexandre
- Christopher Mooltrey
- Kevin Gutierrez Avalos

MOTION: Dr. Ackman made a motion, seconded by Mr. Futrell, to approve the Somerville High School diplomas.

The motion was approved via voice vote.

Shout out by the superintendent to Joel Blackmer for all of the work he does with the Extended Learning Program to help students that have been off track, get back on track, as well as SHS and Full Circle. Currently the Somerville District had the highest graduating rate and the lowest dropout rate it’s ever had. To have the two combined shows all the good work that is being done.

President Ballantyne also wanted to congratulate the graduates. She also wanted to point out that she noticed student personal information on the hard copy of the meeting packet. There was question of whether this is normal protocol and noted that the same information was not on the digital copy of the packet. Superintendent Skipper clarified that it was a mistake.

**C. Acceptance of Donations** (recommended action: approval)

The Superintendent recommends the acceptance, with gratitude, of the following donations:

Donation	Donor	City, State	Value	Program donated to
Monetary	East Somerville Main Streets	Somerville, MA	\$300	El Sistema Somerville
Grant	Nellie Mae Education Foundation	Quincy, MA	\$15,000	2018 Lawrence O’Toole Teacher Leadership Award
Grant	Boston University Consortium Grant	Boston, MA	\$17,992	SPS
Grant	SEF Board	Somerville, MA	\$2,475	Calculus Project
Grant	Cummings Foundation	Woburn, MA	\$100,000	SPS
Private Grant	Mystic River Watershed Association	Arlington, MA	\$1,669	Benjamin G. Brown Elementary School
Monetary	Beverly Schwartz	Somerville, MA	\$10,000	Special Education Reading Program

MOTION: Dr. Ackman made a motion, seconded by Ms. Normand, to accept the donations, with gratitude. The motion was approved via voice vote.

Chair Green pointed out the donation by East Somerville Main Streets not being accepted tonight due to a technicality question of how it should be coded, but noted that it would be brought back at a future meeting.

Chair Green also asked for some background on the \$100,000 donation by the Cummings Foundation. Dr. Abeyta explained that it is a 4 year grant and each year Somerville Public Schools receives \$25,000 that is used for adventure and leadership for high risk students in the Special Education and Student Services Departments.

The motion was approved via voice vote.

### **Future items of New Business**

Ms. Palmer brought up an ordinance her Alderman is working on regarding increasing voter registration form accessibility in Somerville. Boston has already passed such ordinance to ensure that voter registration forms are available in libraries and other city buildings. The idea is to provide preregistration forms to 17 year olds so when they are eligible to preregister they can do so. She would like to consider this discussion be moved forward to the next regular School Committee meeting. Ms. Pitone added that the library is currently pursuing a registration program in the teen room, it has not been announced yet but it may happen once or twice a week. Chair Green would like to bypass this going to the Rules Subcommittee and that it goes directly to the following Regular Meeting because of the proximity to the next election, pending a draft written by Ms. Palmer.

## **VII. ITEMS FROM BOARD MEMBERS**

### **VIII. ADJOURNMENT**

Prior to adjourning, Dr. Ackman expressed the School Committee's condolences for the following people who recently passed away:

Marie Mathilde Andrevil, Mother of Wadson Michel, Teacher at NW/FC

Francis Jeremiah Meaney, Husband of Mary Lu Meaney, Retired School Secretary

Patrick Moriarty, brother of Mary Ward, Retired food service employee

Robert (Bob) Snow, former Assistant Superintendent of Schools for Curriculum, Instruction and Assessment.

The meeting was adjourned at 8:29 p.m. via voice vote.

### **Related Documents:**

Parenting Journey Parents Bill of Rights  
Policies EFD and GBBA-R

Parenting Journey's Parent Advisory Council is comprised of parents and caregivers who participated in at least one Parenting Journey group, are committed to creating a more equitable society in which all families thrive, and reflect the diversity of the parents with whom we partner. The Parent Advisory Council resolves to lead efforts among our parents, staff, board, and supporters to fight for policies that tear down systems of oppression. In pursuit of that goal, the Council identified these truths:

- Systemic barriers of oppression exist and disproportionately impact communities of color, low-income families, and immigrants;
- The median net worth of families in the City of Boston is \$8 for black families, \$3,020 for Puerto Rican families, \$12,000 for Caribbean-born families, and \$247,500 for white families;
- Children fear violence in their schools and on their streets;
- The average rent for an apartment in Greater Boston is \$2,152 and the median monthly income for families of color is \$3,631;
- Immigrants make our community stronger and no family should be disrupted on the basis of immigration status; and
- All parents are capable of making responsible decisions regarding their own children.

Based on these truths and our parents' lived experiences, the Council established the following Parents' Bill of rights. This platform will guide and inform our advocacy efforts as we seek greater opportunity for all families.

**Flip over to read the full Parents' Bill of Rights.**

## **Parents' Bill of Rights**

**We as parents & caregivers deserve to raise our children in vibrant communities. We all deserve:**

- to live in a vibrant community where we are safe;
- to access nutritious and affordable food in our community;
- to live in an affordable home that meets livable standards; and
- to send our children to safe, high-quality schools in our neighborhoods.

**We as parents & caregivers deserve the ability to support our families. We all deserve:**

- paid time off to care for a new child or sick family member;
- comprehensive healthcare that is affordable for our whole family and includes:
  - o Mental health care, including substance use treatment and prevention services, and
  - o Reproductive health care;
- high quality and affordable childcare; and
- living wages.

**We as parents & caregivers deserve to raise our children with the culture and values that reflect our diversity. We all deserve:**

- comprehensive immigration policies that keep families together; and
- family-centered policies that prevent discrimination based on sexuality, gender, race or socioeconomic status.

**Add your name to the Parents' Bill of Rights by visiting [www.parentingjourney.org/pbor](http://www.parentingjourney.org/pbor)**

366 Somerville Avenue • Somerville, MA 02143 [www.parentingjourney.org](http://www.parentingjourney.org) • 617.628.8815

## WELLNESS POLICY FOR PK -12

### **Rationale:**

Local wellness policies are an important resource for parents and school districts to promote student wellness, support the prevention and reduction of childhood obesity, and provide assurance that school meal nutrition guidelines meet the minimum Federal school meal standards. This policy is intended to (1) help address the national challenge of childhood obesity at a local level, and (2) promote healthy lifestyles as a lifetime choice by establishing strategic guidelines and placing an emphasis on District-wide programs and efforts designed to support overall student wellness. Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

The Somerville Public Schools is committed to improving in the areas of nutrition, nutrition education, physical activity, and physical education.

### **Purpose:**

This policy will provide Somerville Public Schools staff and school communities throughout the District with guidelines for Grades PreK-12 to foster an environment in which students and staff make healthful choices related to food, physical activity, and overall wellness, helping to support student wellness and improve life outcomes through healthy lifestyles.

### **Objectives:**

Using the guidelines set forth in this policy, the Somerville Public Schools will work to accomplish the following:

1. Provide nutritious meals each day.
2. Provide safe and enjoyable experiences for physical activity.
3. Improve learning through better nutrition and increased physical activity.
4. Help Somerville's children develop healthy eating and physical activity habits and lifestyles through instruction and role modeling in a healthy educational environment.
5. Include the Wellness Policy in the Somerville Public Schools Parent/Guardian Guide.
6. Review the Wellness Policy during Leadership meetings of all Somerville administrators, and incorporate review of this policy in professional development efforts annually to ensure that school day and afterschool staff are aware of resources and best practices that support student and staff wellness in our district.
7. Post the Somerville Wellness Policy on the Somerville Public Schools website and distribute highlights.

## **I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

**Goal/Objective:** The district will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness policy. At least once every three years, the district will evaluate compliance, strength of policy, and progress toward goals.

a. Under the direction of the Superintendent's designee a District Wellness Committee will be established and convened annually for the purpose of evaluating policy adherence, and regularly as required by Section 204 of the Healthy, Hunger-Free Kids Act of 2010 to discuss possible improvement efforts in the area of student and staff wellness.

- b. Schools are encouraged to convene a wellness team to support wellness initiatives at their school in adherence to the wellness policy.

- c. Every effort will be made to ensure that representation on the District Wellness Committee includes the Somerville School Committee, Parent Teachers Association (PTA), School Councils, School Health division of the Health Department, Physical Education Department, School Food and Nutrition Services Department, Somerville Community Schools Program, Superintendent's Office, Somerville Teachers' Union, community health agencies, student(s), parents/guardians, and school principals or their designees. Representation may occur through subcommittee work supporting district wellness. The District will utilize various methods of outreach throughout the year to encourage participation on this committee.
- d. Prior to the end of the school year, this committee will develop recommendations to update/change this policy based on discussions and committee input during committee meetings conducted throughout the year.
- e. The Superintendent's designee will develop information for discussion about the Wellness Policy at an Administrative Team Meeting and for School Committee Review during the next school year regarding possible policy changes and a final version of the policy will be shared publicly.

## **II. Nutrition**

**Goal/Objective:** The district aims to teach, model, encourage, and support healthy eating to help all students develop healthy lifestyle practices.

### **1. School Meals**

- a. The Somerville Food and Nutrition Services Director (FNSD) shall ensure that meals and snacks offered by the district's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.
- b. The FNSD will offer fresh fruit as a component of the meal choices every day at school breakfast and fresh fruit and vegetables as a component of the meal choices every day at school lunch.
- c. The FNSD will continue to work on improving the nutritional quality and student acceptance of school meals by developing new recipes, giving students as many choices as possible, focusing on food presentation, and giving students opportunities to sample new foods.
- d. The FNSD will work to support regional agriculture and the consumption of fruits and vegetables through the inclusion of locally grown produce in school meals.
- e. Schools will allow sufficient, age-appropriate time for students to eat meals within the designated period.

### **2. Staff Qualifications & Professional Development**

- a. The FNSD will offer health education training annually to all school food service staff.

### **3. Water**

- a. Schools will ensure safe water is made available and accessible to all students at meals and during the day without charge.

#### **4. Competitive Foods & Beverages**

- a. Items sold by the FNSD through the A La Carte program at Somerville High School will meet the guidelines established by the “Act Relative to School Nutrition” signed into law on July 30, 2012 which established standards for competitive foods and beverages sold or provided in public schools during the school day.

#### **5. Celebrations, Rewards and Snacks**

- a. Teachers and parents/guardians will be given a list of recommended classroom snack foods and beverages, developed and disseminated by the Somerville Food and Nutrition Services Department in September. This list will meet the standards put forth by the “Act Relative to School Nutrition” signed into law on July 30, 2012. <http://www.somerville.k12.ma.us/district-departments/food-nutrition-services/healthy-snack-guidelines>
- b. Parents/guardians are encouraged to support the District’s nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties. Parents/guardians are encouraged to support these standards in the home environment.
- c. All food items brought into the schools are required to contain nutritional content information. Non-prepackaged food items are also required to contain food preparation information including where the food was prepared, a list of ingredients used in preparation of the food item, known allergens that may be included among the ingredients, and the following statement if applicable: “*Produced in a kitchen where nuts, tree nuts, or other allergy-producing products may have been present.*”
- d. School staff will not use food as a reward for children’s accomplishments involving attendance, behavior, or academic performance.

#### **6. Fundraising**

- a. Students, staff and volunteers are strongly encouraged to consider fun, healthy fundraising options. Fundraisers conducted during regular school hours should encourage and promote good health habits. <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-f1.pdf>
- b. Schools are encouraged to hold non-food fundraisers.
- c. School fundraisers where food is sold will only be offered after school meals are over.
- d. School fundraisers where food is sold are encouraged to select foods from the list of recommended snack foods and beverages.  
[http://www.somerville.k12.ma.us/sites/default/files/Healthy%20Snack%20Ideas\\_0.pdf](http://www.somerville.k12.ma.us/sites/default/files/Healthy%20Snack%20Ideas_0.pdf)

#### **7. Nutrition Promotion**

- a. All school staff will promote a school environment supportive of healthy eating.

## **8. Nutrition Education**

- a. Students in grades preK-8 will participate in nutrition education each year.

## **9. Essential Healthy Eating & Physical Activity Topics in Health Education**

- a. The District will outline comprehensive health topics in each K-8 grade in the Somerville Public Schools District Curriculum Guide. In Grades 9-12, topics will be outlined in Health and Physical Education Courses.

## **10. After-School Programs**

- a. The Somerville Food and Nutrition Services Department, pending grant or in-kind funding, will provide nutritious snacks for after-school programs on school sites, using the after-school snack guidelines established under the National School Lunch Program.
  - b. Any snack served by community-based after school programs that receive school department funding will meet the guidelines outlined in this policy.
  - c. Parents/guardians will be strongly encouraged to provide nutritious snacks for their children in an after-school program and to support healthy nutrition standards in the home environment.
  - d. The District shall seek to provide health and nutrition education professional development for afterschool leaders annually.
  - e. Candy and other foods that do not meet District nutrition guidelines will not be used as an incentive or reward during in-school or out-of-school-time programming.

## **III. Physical Activity**

**Goal/Objective:** To provide students with opportunities for quality physical education and daily physical activity before, during and after school in order to foster an understanding and benefits of the short and long-term benefits of a physically active and healthy lifestyle.

### **1. Physical Education**

- a. Physical Education will be a required subject in all grades.
  - b. All Somerville Physical Education teachers will be certified as is consistent with federal and state laws.
  - c. Fitness testing will be incorporated into Physical Education services at all schools.

### **2. Recess**

- a. Recess is an important activity in the school day for elementary school students. Studies have shown recess provides academic, social and physical benefits. Students should be given sufficient recess time to provide age-appropriate opportunities for social development in a safe environment and a chance to expend physical energy, thereby resulting in improved alertness in the classroom through a break in routine.

- b. Recess should not be used to motivate or punish students unless there is a safety reason to do so.
- c. Schools are encouraged to provide recess before lunch for PK-8 students when possible.
- d. Outdoor recess should take place unless the temperature, including the wind chill, is below 15 or if the heat index (temperature plus humidity) is above 97.  
<http://www.c-uphd.org/documents/wellness/weatherwatch.pdf>
- e. Schools are encouraged to provide safe recess equipment such as foam balls or softer rubber balls in order to prevent potential head injuries.

### **3. Classroom Physical Activity Breaks & Active Academics**

- a. Classroom teachers will be encouraged and supported in their efforts to incorporate movement as part of the classroom activities and provide short physical activity breaks between lessons and classes. <http://www.somerville.k12.ma.us/district-departments/health-and-physical-education/movement-mindfulness>

### **4. Before & After School Activities**

- a. Physical activity, outdoors whenever possible (see guidelines under III.2.d), will be incorporated as a consistent practice throughout the District in the afterschool program.

### **5. Active Transport**

- a. Schools will be encouraged to participate in the Safe Routes to Schools program and promote walking, biking and “actively commuting” to and from school.  
<https://www.massdot.state.ma.us/saferoutestoschool/RegisterYourEvent.aspx>

## **IV. Other Activities that Promote Student Wellness**

**Goal/Objective:** The district will coordinate and encourage initiatives and school-based activities that are designed to promote student well-being, optimal development, strong educational outcomes and staff health and wellness.

### **1. Community Partnerships**

- a. Schools will participate in programs that support food security such as the Backpack Program and be encouraged to expand programming as needed.  
<http://www.somervillebackpackprogram.org/>

### **2. Staff Wellness and Health Promotion**

- a. The District will promote staff member participation in health promotion programs and will support programs for staff members that are accessible and free or low-cost.

### **3. Professional Learning**

a. When feasible, the district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and the school.

### **4. Sustainability**

a. The District will work with other city departments to strengthen efforts to support recycling at schools.

### **5. School Health Data Reporting**

a. Height and weight data will be collected annually on all children in Grades 1, 4, 7 and 10, as required by Massachusetts, during physical education classes when mandated by grants and/or the Commonwealth of Massachusetts. Results will be made available to families upon request. This information is confidential information consistent with the Family Educational Rights and Privacy Act (FERPA) and to the maximum extent possible under the law.

b. School & City officials will meet to review YRBS data

Adoption Date: March 6, 2006

Revised: November 27, 2007

Date Approved by School Committee: December 17, 2007

Revised: August 2009

Revised: May 2013

Revised: August 2018

File: GBBA-R

## **GENDER IDENTITY SUPPORT FOR STAFF**

The Somerville Public Schools strive to provide a safe, respectful, and supportive environment for all staff members.

Somerville Public Schools support and respect staff members' individual differences and privacy needs. For staff who identify as gender nonconforming and/or transgender, the district will support them in preferred gender pronoun use, use preferred name on any school identification, and follow the lead of staff in transitioning their name on legal documents.

Somerville Public School's administrators and staff will receive professional development related to gender identity support. Administrators and staff will follow the referenced procedures for supporting their colleagues.

Each employee of the Somerville Public Schools is personally responsible for supporting and affirming the gender identify of their colleagues.

