

Wellness Newsletter

Beacon City School District BOE Committee



The Wellness Committee meets the first Wednesday of each month at Beacon High School. Come and share your ideas!

Physical Fitness & Wellness

Family Fitness Fun Night is coming! Elementary and middle school students and their families are welcome to join us on Friday, Jan. 17 from 6-8 pm at Rombout Middle School for fun and activities focused on physical health for kids (and their adults). There will also be resource tables with information from local organizations focused on fitness and health.

Beacon City School District's Department of Physical Education presents.....

FAMILY FITNESS NIGHT & WELLNESS FAIR

JOIN US AND SAVE THE DATE!

When: January 17, 2019
Where: Rombout Middle School
Who: Grades K-8
What: Physical Education teachers will be running sessions throughout the night that will be fun, interactive and a good workout! In between sessions, students and parents can attend the wellness fair and learn about local wellness related organizations and businesses that are in our area!



**FOR MORE INFORMATION
ABOUT THIS EVENT
EMAIL:
MULLINS.M@BEACONK12.ORG**

**IF YOU ARE INTERESTED
IN HAVING A BOOTH AT
THE WELLNESS FAIR
EMAIL:
BIORDI.C@BEACONK12.ORG**

Mental Health

As part of the district goal toward strengthening our Culture of Care, we've begun a 3-year program of professional development for teachers and staff focused on Responsive Classroom and Restorative Practices. Restorative Practice helps secondary educators learn about increasing higher order thinking and engaging strategies in the classroom, while the Responsive classroom gives elementary school teachers a model for building community and positive behaviors through strong relationships within the classroom.

Nutrition

BCSD Food Service is partnering with Common Ground Farm (CGF) on a Farm-to-School (FTS) initiative, and has been awarded a \$100,000 FTS grant from USDA. With this grant, CGF has hired an FTS Coordinator, Erika Rincon, who will help the district focus on increasing local food purchases. The grant will also help support professional development for food service and district staff, including continued scratch recipe development and training to increase scratch-made, local, plant-forward entrees in school menus. Why buy local? BCSD and other local schools have large purchasing power in the region. If we support more local purchases for the thousands of daily meals we serve, we can support the local farming industry to sustain our Hudson Valley Farming roots. In other news, Common Ground Farm has shifted from field trip season to in-class education, with chef in the classroom and workshop series. CGF has also been working with Pace Law School on a toolkit to educate farmers about how to get their food into cafeterias.

Farm to School Tote Bags For Sale!

Be sure to purchase a Beacon Farm-to-School Canvas Grocery Bag! They'll be on sale for \$12 at Family Fitness Night on Friday, January 17th. The bag logo was designed by one of our own RMS students. Proceeds will help fund Farm-to-School initiatives in coordination with the RMS Environmental Club. Pictured to the right is Eleanor Cunningham, the logo contest winner! Thanks Ms. Delisi for organizing this contest and for all of the students who entered.



Local Resources

Did you know there are parent groups in Beacon especially for children with special needs? **Advocates for Beacon Children with Disabilities (ABCD)** meets once a month at the Beacon High School library, and you can find more information on their Facebook page: <https://www.facebook.com/ABCD12508>. And the group, Parents Helping Parents of Children on the Autism Spectrum, meets every 2nd Thursday of the month, from 6:30-7:30 pm at Howland Public Library (adults only, please).

Wellness in our Schools



Beacon High School

Beacon High School has launched many initiatives focused on mental and physical health this year. Among them were a visit from the Council on Addiction Prevention & Education (CAPE), which spoke with students about addiction and offered a workshop for parents called Blind Spots, in which parents had to find more than 30 spots where kids hide drug paraphernalia. Students attended a Love Shouldn't Hurt workshop, and are scheduled for an upcoming resilience workshop. Also this year, a visit from the National Alliance on Mental Illness (NAMI) educated health classes on the warning signs of mental health issues and how to help, as part of a suicide prevention program called Ending the Silence. Find more information and resources at www.nami.org.

Rombout Middle School

At **Rombout Middle School**, some of the USDA grant was used for supplies to build the school garden. The framework is in place, and the rest of the work will be completed in the spring, in time for planting! The school will also offer some professional development to help integrate garden learning in the curriculum, and the school has also established an Environmental Club. The club has already begun meeting, and among their many initiatives will be assisting with maintenance of the garden. The Council on Addiction



Prevention & Education (CAPE) visited the school in November and gave a Vaping prevention presentation to 7th and 8th graders. In January, 8th graders will attend Army Athletic's Wellness Education Day. Students will watch the Black Knights Men's Basketball team take on Bucknell and the athletics staff will be doing a wellness presentation at halftime!



South Avenue Elementary School

South Avenue Elementary School has been practicing the Physical Education Department's new policy of making the most of PE class time! The coaches emphasize as little downtime as possible, and have been getting to know more about students by asking them about active things they enjoy doing outside of school. In addition, PE classes go outside for their lessons whenever possible. South Avenue also just installed new basketball backboards and hoops for the gym, and the kids are very excited about that! Coming up, we have the Healthy Hearts theme in February, and will be doing activities such as our Jump Rope for Heart fundraiser.

Sargent Elementary School

Sargent Elementary School has been working with the PTO, the school's occupational therapist, social worker and special education teachers to create a new sensory room at the school. The room supports all students who struggle with self-regulation. The room is intended for both general and special education students who need more intensive support, with a range of equipment and resources from gym mats and rocking chairs to weighted blankets, a sensory trampoline, and sensory equipment that promotes relaxation and focus. Sargent staff and PTO (Anna Sullivan) secured a \$2,850 grant to support the new sensory room, and have pledged to raise an additional \$2,300 to ensure successful project completion this school year. Once the sensory room has been set up, the goal is to make it available to all students. Consultation is available to all teachers by the school occupational therapist, social worker, and psychologist on which of the new resources and strategies may be most effective in addressing specific student needs. Creating a sensory room that aligns with student needs can help promote increased inclusion, student engagement and social/emotional learning. New furniture has been purchased and installed in our library. The new furniture promotes student collaboration and allows students to move freely in a variety of instructional delivery. Thank you to Central and the BOE for supporting our library!



Glenham Elementary School

A gaga pit is coming to Glenham! In response to the need for variety and opportunities for students to move their bodies during recess, the PTO worked with the building to get a gaga pit installed. In addition, a climbing wall was installed on the primary playground. The PTO has also heard the call for healthier options during the school day, and is shifting to more health-based fundraising.

JV Forrestal Elementary School

JV Forrestal Elementary School continues to approach Health and Wellness across multiple areas. This year we continued with our use of reusable trays and added the use of silverware which helped reduced the waste of previously used styrofoam trays significantly! Our students have also learned about what's growing in our garden, thanks to our partnership with Hudson Valley Seed (now Land2Learn) and applying what they know to make healthy snacks and salads - which taste delicious! Additionally we are participating in the Color Cycle Crayola recycling program with posters and information shared with students to help spread more awareness about recycling. We've added two sensory paths in our hallway to help keep everyone in our school community active and moving during the school day, these paths have also made a great use for brain breaks! We look forward to this coming Spring and special programming we plan to have in place to further educate and engage our school community in the area of Health and Wellness.



Enroll in Beacon's Community Solar Program and RAISE MONEY FOR BEACON'S SCHOOLS!

Why is this good for the schools?

Every enrollment through Hudson Valley Community Power raises money for a Beacon Sustainability Fund for the schools. These funds can be used to meet our Board of Education goals of improving the energy efficiency of existing facilities in the District and expanding curriculum for 21st Century learning. As of Nov 5th, more than \$8,000 has already been raised through Beacon enrollments. Each enrollment adds \$50 to the Fund.

Why is this good for me?

- Save up to 10% annually for 25 years
- Support local renewable energy
- No rooftop panels required
- Central Hudson still delivers your electricity
- Cancel anytime without penalty

How do I enroll?

1. Visit www.hudsonvalleycommunitypower.com/solar
2. Click on the "Enroll Now" button up top.
3. Fill out the online enrollment form, by providing your name, contact details and utility account number. Click Submit!
4. You will receive an email with the Community Solar Subscription Agreement. Fill out and digitally sign the agreement or return your completed contract via email to solar@hudsonvalleycommunitypower.com

Next Wellness Committee Meeting

When

Wednesday, Feb. 5th, 4pm

Where

101 Matteawan Road Beacon, NY

More information

We meet in the Community Room and childcare is available. All are welcome.