



The Marlborough Public Schools values excellence as a standard for both educational programs and services and internal operations, ensuring that each individual student can be successful in an information-rich, global society. Through high expectations and a strong academic program, students will begin and maintain the lifelong learning process which will prepare them for the challenges ahead and the importance of becoming a contributor to their community.

School Wellness Advisory Committee Goals and Measurements for the 2018-2019 Academic Year Report

Mayor Arthur Vigeant,
Chairperson Marlborough School Committee
City Hall
140 Main Street
Marlborough, MA 01752

Dear Mayor Vigeant:

In accordance, with the Marlborough Public Schools Health and Wellness Policy # 8.012 the Goals and Measurements for the 2018-2019 academic year are included in this report.

A handwritten signature in cursive script, appearing to read 'Mary Zakrzewski', written over a horizontal line.

Mary Zakrzewski M.Ed., BSN, RN, NCSN
Supervisor of Health Services Pre-K -12

A handwritten signature in cursive script, appearing to read 'Todd Turcotte', written over a horizontal line.

Todd Turcotte
Supervisor of Wellness K-12

A handwritten signature in cursive script, appearing to read 'Jenna Janson', written over a horizontal line.

Jenna Janson
Director of Food Services

Cc: Superintendent Mike Bergeron
Assistant Superintendent Mary Murphy
Director of Student Services Jody O'Brien
Finance Director Doug Dias
School Wellness Advisory Committee Members
MPS School Nurses

A. Increase the physical fitness of students in the Marlborough Public Schools.

a. Physical educators will test the physical fitness components of the students in grades 1, 4, 7, and 10.

Students in grades one and four were assessed by a combination of the Presidential Physical Fitness and Fitness Gram tests. The students' scores were compared to those who reached the 50th percentile or Healthy Fitness Zone in curl-ups, sit and reach, trunk lift, and pacer tests.

Grade 1

64% reached the 50th percentile in curl-ups.

44% reached the 50th percentile in the sit and reach (Richer & Jaworek Schools).

76% reached the 50th percentile in the trunk lift.

100% of students participated in the PACER (HFZ scores aren't recommended, just emphasis on participation)

Grade 4

60% reached the 50th percentile in curl-ups.

49% reached the 50th percentile in the sit and reach.

65% reached the 50th percentile in the trunk lift.

48% reached the healthy fitness zone in the pacer run.

Students in grades seven were assessed using the Fitnessgram fitness test. In grades seven, students performed the following tests: the sit and reach, curls-ups, trunk lift, push-ups and pacer tests.

Grade 7

76% reached the healthy fitness zone in curl-ups.

64% reached the healthy fitness zone in the sit and reach.

95% reached the healthy fitness zone in trunk lift.

51% reached the healthy fitness zone in push-ups (upper body).

63% reached the healthy fitness zone in the PACER.

Students in grades ten were also assessed using the Fitnessgram fitness test. The Fitnessgram tests administered in grades ten were the sit and reach, trunk lift, push-ups, curl-ups and pacer.

Grades 10 (averages of both semesters in PE classes)

92% reached the healthy fitness zone in the curl-ups.

78% reached the healthy fitness zone in the sit and reach.

98% reached the healthy fitness zone in the trunk lift.

49% reached the healthy fitness zone in the push-ups.

44% reached the healthy fitness zone in the pacer.

B. Increase the knowledge and benefits of nutrition, health and physical fitness for all Marlborough public School students.

b. Nutrition and health will be taught in grades 5, 6, 7, 8 and 10. A pre-and post-test in nutrition was given.

In a pre-test of nutrition knowledge in grade 5, the average score was 49%. The post-test average was 82%. In a pre-test of nutrition knowledge in grade 10, the average score was 54%. The post-test average was 88%.

C. Increase the knowledge of the Marlborough Public School staff regarding student health risk behavior trends.

c. Administer, analyze and evaluate a student health risk behavior survey given to the students in grades 6-12, every other year.

The Metro West Adolescent Health Survey (MWAHS) was administered to students in grades 6-12 in 2018. The survey is funded through the Metro West Health Care Foundation. The MWAHS data is being analyzed by the Wellness Department and administration to determine curricular changes, school community programs, enhanced policies, and parent and community awareness around wellness. The focus is on the helping our students' physical, mental, and social wellness.

D. Reduce health risk behaviors of students in the Marlborough Public schools as recorded in the health risk behavior survey and school discipline data.

d. Provide current information to students, staff, and parents of current health risk behaviors reflected in the health survey and school discipline data.

The 2018 MWAHS key findings will be shared with the School Wellness Advisory Council, administration, and the Wellness department. The plan is to continue to work with the school and community to help our students make proud, safe, and responsible decisions, so that students can live healthy and balanced lives. The School Wellness Advisory Council has continued to focus on creating action plans to address the concerns of students, staff, and community members. Several committees (Substance Use/Abuse Coalition) and sub-committees (Mental Health) were formed to help raise awareness and provide support for our students struggling with drug use/abuse and mental health problems. The district has worked hard to address these issues. For example, we had the successful “If Only” presentation for middle school and high school students and offered a parent/guardian event as well. We recently received an Opioid Grant to help us with these efforts. We have implemented Botvin Life Skills curriculum, a research –based substance abuse prevention program in Wellness classes in grades 4-8 and hope to see a smaller number of students participating in risk behaviors as self-reported in the MWAHS. We hired a .2 Drug Counselor at the Hildreth School and help identified students at other schools and offer a parent educational component. This important on-going work needs to continue to be a comprehensive and collaborative effort between schools and the community to successfully aid all our students with their overall well-being.

E. Reduce the number of students who have a Body Mass Index at or over the State guidelines.

e. School nurses will calculate the Body Mass Index of students in grades 1, 4, 7, and 10 and notify the parents of students with a BMI at or over the State guidelines.

Body Mass Index Calculations for 2018-2019

BMI above 95% indicates obese risk. *

BMI under 5% indicates underweight risk. *

GRADE	STUDENTS	OPT OUT	BMI ABOVE 95% #/% Obese*	BMI 85-95 % #/% Overweight	BMI 5-85% #/% Healthy weight range	Less than 5% #/% Underweight**
1	378	2	67 /18%	69/ 18%	226/ 60%	16/ 4%
4	388	5	97/ 25%	66/ 17%	217/ 56%	8/ 2%
7	306	1	80/ 26%	67/ 22%	151/ 49%	4/ 1%
10	267	0	49/ 18%	33/ 12%	180/ 67%	5/ 2%
Total	1339	8	293/ 22%	235/ 18%	774/ 58%	33/ 3%

Body Mass Index Calculations for 2017-2018

BMI above 95% indicates obese risk. *

BMI under 5% indicates underweight risk. **

GRADE	STUDENTS	OPT OUT	BMI ABOVE 95% #/% Obese*	BMI 85-95 % #/% Overweight	BMI 5-85% #/% Healthy weight range	Less than 5% #/% Underweight**
1	386	0	75 / 19%	52 / 13 %	239 / 62%	20 / 5%
4	393	7	85 / 22%	75 / 19%	212 / 55%	14 / 4%
7	322	2	88 / 28%	70 / 22%	155 / 48%	7 / 2%
10	265	33	36 / 16%	48 / 21%	143 / 62%	5 / 2%
Total	1366	42	284 / 21 %	245 / 19 %	749 / 57 %	46 / 3 %

Body Mass Index Calculations for 2016-2017

BMI above 95% indicates overweight risk.*

BMI under 5% indicates underweight risk.**

GRADE	STUDENTS	OPT OUT	BMI ABOVE 95% *	%	BMI BELOW 5% **	%
1	384	8	57	15%	16	4%
4	385	8	87	23%	8	2%
7	277	0	76	27%	6	2%
10	267	6	50	19%	2	1%
Total	1313	22	270	21%	32	2%

Body Mass Index Calculations for 2015-2016

BMI above 95% indicates overweight risk.*

BMI under 5% indicates underweight risk.**

GRADE	STUDENTS	BMI ABOVE 95% *	%	BMI BELOW 5% **	%
1	406	61	15%	13	3%
4	341	80	23%	9	3%
7	320	78	24%	7	2%
10	271	30	11%	3	1%
Total	1338	249	19%	32	2%

Body Mass Index Calculations for 2014-2015

BMI above 95% indicates overweight risk.*

BMI under 5% indicates underweight risk.**

GRADE	STUDENTS	BMI ABOVE 95% *	%	BMI BELOW 5% **	%
1	398	66	17%	9	2.3%
4	384	93	24%	7	1.8%
7	307	61	20%	3	1%
10	149	31	21%	1	0.7%
Total	1,238	251	20%	20	1.6%

F. The Food Service Director will follow the federal guidelines for fat content of food sold in the school cafeteria.

The Food Service Director will monitor the fat content and trends of food sales provided by the Food Service Director.

The cafeteria continues to follow Federal Guidelines as contained in the Dietary Guidelines for Americans. When averaged over a school week, all school meals contain less than 30% or less of total calories from fat and contain less than 10% of calories from saturated fat. To qualify as a reimbursable meal, students must take a fruit or vegetable, which many different options and colors are offered to students daily. Cafeteria staff ensures that every student has the required portions. Only whole grain breads, rolls and pasta are used. Participation at all schools has increased at breakfast and lunch over the past school year. When available, I purchase locally grown fruit and vegetables through our supplier Sysco. For this school year the District is participating in the USDA Fresh Fruit & Vegetable Program in which \$25,000 of our entitlement went to purchasing fresh fruits and vegetables for the schools. This school year protein choices were expanded at breakfast at all schools. More vegetarian friendly meals at lunch were also introduced this school year.

G. Food Services Director will follow the state recommendations for fat content in foods sold in the vending machines during school hours.

The only vending machines available to students at the High and Whitcomb Schools contain Dasani Water. There are no vending machines available to students at the three elementary schools. A-la-carte snacks are only available at the High and Whitcomb schools. The high school offers ice cream and frozen yogurt which fall within these guidelines. All snacks and a la carte items being sold are on the John Stalker A-list to ensure that the guidelines are being met. Total vending revenue (water only) has leveled off at \$5,000 per school year.