

Marlborough Public Schools Wellness Policy Report 2012

- 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, 10 & 12.**

Grade One

Grade one students were tested with the President's Physical Fitness test. The students' scores were compared to those who reached the 50th percentile in curl-ups, the sit and reach and the shuttle run.

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

48% reached the 50th percentile in the shuttle run.

46% reached the 50th percentile in the sit and reach.

Grades four and seven were tested using the Fitnessgram fitness test. The Fitnessgram fitness test uses a computer program to assess students' health and level of fitness. In grades four and seven, the tests used were the sit and reach, curls-ups, trunk lift, flexed arm hang or push-ups and mile run.

Grade 4

56% reached the healthy fitness zone in the sit and reach

66% reached the healthy fitness zone in curl-ups

78% reached the healthy fitness zone in the trunk lift

46% reached the healthy fitness zone in the flexed arm hang

33% reached the healthy fitness zone in push-ups

Grade 7

58% reached the healthy fitness zone in the sit and reach

86% reached the healthy fitness zone in curl-ups

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95% reached the healthy fitness zone in the trunk lift

50% reached the healthy fitness zone in the flexed arm hang

61% reached the healthy fitness zone in the mile run

The Fitnessgram tests administered in grades ten and twelve were the sit and reach, trunk lift, push-ups, curl-ups and mile run.

Grade 10

69% reached the healthy fitness zone in the sit and reach

86% reached the healthy fitness zone in the trunk lift

37% reached the healthy fitness zone in the push-ups

77% reached the healthy fitness zone in the curl-ups

24% reached the healthy fitness zone in the mile run

Grade 12

73% reached the healthy fitness zone in the sit and reach

90% reached the healthy fitness zone in the trunk lift

72% reached the healthy fitness zone in the push-ups

82% reached the healthy fitness zone in the curl-ups

35% reached the healthy fitness zone in the mile run

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 4,5,6,8 and 10. A pre and post test in nutrition will be given.

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In a pre test of nutrition knowledge in grade 5, the average score was 63%. The post test average was 78%.

In a pre test of nutrition knowledge in grade 8, the average score was 66%. The post test average was 85%.

In a pre test of nutrition knowledge in grade 10, the average score was 69%. The post test average was 84%.

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 8 and 10 annually.

The Metro West Adolescent Health Survey was administered to students in grades 6-12 in November of 2010. The survey is funded through the Metro West Health Care Foundation. A summary of the results were received in the spring of 2011. Data from the survey was compared to results from the previous survey taken in 2008. The survey data was analyzed and used to direct the health curriculum. Topics such as texting & driving, depression & suicide, dating violence, the dangers of inhalants and the benefits of abstinence were enhanced in health class. The next survey will be administered in the fall of 2012 for students in grades 6-12.

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 results of the Metro West Adolescent Health Survey were shared with the staff members of the Marlborough Public Schools. The results were also presented to the School Committee, the School Health Advisory Council and shared with the students in health class.