

Health and Wellness

Specific Action Steps	Timeline	Expected/Measurable Outcomes	FPS Strategic Plan Reference	Superintendent Goals Reference
1. Student wellness -- improve the overall health and well-being of the students		<ul style="list-style-type: none"> ● Partner with community agencies to address substance use. ● Information as well as preventative 	2.5	
2. Nutritional wellness - focus on health, nutrition, and physical activity		<ul style="list-style-type: none"> ● Assure food security and access to healthy foods during the school day ● Engage students, families, and community resources ● Advocate for more wellness and health education opportunities. ● Explore if the John Stalker Institute of Nutrition at Framingham State University could possibly offering an internship to students from FSU. ● Explore funding for Health Education in Grades K-5, request position for FY23/FY24 or possibilities of incorporating into Physical Education class times. 		

<p>3. Positive relationships promote social awareness</p>		<ul style="list-style-type: none"> ● Foster healthy relationships, peer/peer and student/staff relationships ● Promote normal sexual development inclusive of all sexual identities and gender Identities ● Encourage upstanding behaviors and good citizenship ● Cultivate healthy coping strategies ● Nurture a sense of belonging/positive school culture ● Review/evaluate the Code of Conduct. 	<p>Objective #2 and 4</p>	
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