WELLNESS REPORT 2022-2023
Norwood and Randolph

School Overview

The May Center School for Brain Injury and Neurobehavioral Disorders is a day and residential school located in Norwood, MA. The year-round school provides educational, vocational, behavioral, medical, and rehabilitative services to children, ages 5-22 with a range of neurobehavioral challenges. Diagnoses include acquired or traumatic brain injury, genetic or chromosomal disorders, seizure disorders, mood disorders, and intellectual and neurodevelopmental disorders.

The May Center School for Autism and Developmental Disabilities is a day and residential school located in Randolph, MA. The school provides year-round educational and vocational services to children, ages 2.9-22, with autism spectrum disorder (ASD) and other developmental disabilities.

27% of students at the 2 schools combined are eligible for free or reduced-priced school meals. The universal free school meals program was extended in Massachusetts for the 2022-23 school year and all students received free meals.

About the Local School Wellness Policy

Mission and Vision Statement: The Norwood and Randolph Wellness Advisory Committee's purpose is to provide nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in an appropriate and relevant way.

In 2014, the schools created a wellness team that includes parent and student input, the school's food service coordinator, nurses, physical education teachers, health professionals and school administrators.

The Wellness Advisory Committee communicated across settings throughout the 2022-23 fiscal year in order to review policies and promote wellness in the areas of nutrition education, physical activity, and community involvement. The Wellness Committee identified goals and activities for the 2022-23 school year and is proud of its accomplishments.

Activities to Meet Wellness Policy Goals

Increase physical activity opportunities for all students and staff

To help increase physical activity opportunities throughout the year, the May Center schools encouraged student participation in several activities. The focus was on providing and encouraging physical activity for our students who have a wide range of physical abilities. School staff participated alongside the students to motivate them and enhance their participation.

In late summer, students at the Norwood program participated in field day. Approximately 45 students engaged in games, races, and sensory activities. In the fall, approximately 125 students in the Randolph program participated in the Harvest Festival. They celebrated autumn through cooperative games such as pumpkin bowling, a scarecrow relay, and turkey hockey.
An all-school Special Olympics event was held in Randolph in September with activities such as jump rope, 50-yard dash and team relays. In October, students at both schools followed a preset route and walked for 30 minutes while trick or treating around the school campuses. Students in Norwood also walked for 30 minutes on a scavenger hunt for hidden ghosts and pumpkins.

Throughout the year, some students participated in competitive Special Olympics sports in soccer and basketball. Residential students exercised and swam at the YMCA weekly. They also rode bikes and scooters.

At the events, health staff, PE teachers, and classroom teachers helped students participate and track participation. The physical activities reached approximately 170 students across both sites.

**Increase community participation and family involvement in our programs in order to promote wellness through cooperation and information sharing**

To achieve the goal of increasing community participation, the Randolph program welcomed 14 local high school students to volunteer at the school-wide Special Olympics event in the fall. As in previous years, volunteers had a big impact on the success of the day and both communities were able to meet new people and learn new skills.

In November, the Norwood program hosted a Friendsgiving Lunch that helped achieve the goal of increasing family involvement in the program. Family members were invited to attend, and students were encouraged to try a variety of healthy and culturally diverse food. The potluck meal was prepared by families, students, and staff.

In the spring, students at the Norwood program participated in a dance and a color run festival where they moved, walked, and ran through tossed colored powder and enjoyed getting messy.
In the spring, the Norwood program connected with a therapy dog organization that provides regular therapeutic visits to the students. Approximately 30 students benefit from interactions with the well-trained dogs with the goal of improving emotional well-being and stimulating the mind.

In addition, the schools and families interacted with the American Red Cross for an on-site blood drive in Norwood.

**Increase healthy eating and BMI awareness by encouraging students to make better food choices**

To encourage healthy eating and lifestyle choices the Randolph program dedicates a section of their quarterly family newsletter to wellness. The newsletter is sent to approximately 80 families and is also available in family waiting rooms.

The Norwood program introduced portion control plates to some residents to encourage balanced meals and educate students and staff about portion sizes.

Additionally, both programs use the John Stalker A-list for snacks distributed or sold at the school store in order ensure that only healthy snacks are offered to students.

**Committee Actions and Recommendations**

May Institute conducted their triannual wellness assessment in March 2023 and updated their Wellness Policy in accordance with the results of the assessment. Triannual assessment results and the May Institute Wellness Policy are available upon request.

At their next meeting, the committee will identify new initiatives for the 2023-2024 year. The committee looks forward to another productive year and to promoting student wellness through further education and activities.