

Wellness Policy

Updated:2017

Physical Wellness

Physical Wellness centers on one's ability to make healthy decisions as they relate to nutrition, fitness and one's overall physical well being.

The Dedham Public Schools community educates students to recognize that their behaviors have a significant impact on their health and promote healthful habits (routine check-ups, a balanced diet, exercise, etc.) while encouraging students to avoid destructive behaviors (tobacco, drugs, alcohol, etc.) in order to promote optimal Physical Wellness.

**See attachment for the detailed food, nutrition and fitness portion of the policy.*

Social and Emotional Wellness

Social and Emotional Wellness centers on one's ability to relate to and connect with other people in our world while being able to successfully express and manage an entire range of feelings on a daily basis.

The Dedham Public Schools community supports students in establishing and maintaining positive relationships with family, friends and community members while building healthy relationships based on interdependence, trust, and respect. We assist students in recognizing that wellness includes behaviors related to feelings that may include anger, doubt, hope, joy as well as many other emotions and feeling experienced in one's life. Through the curriculum and services, Dedham provides students a means to express their feelings in a healthful manner, identify support, and promote advocacy while learning to connect with people in a way to promote optimal wellness.

Environmental Wellness

Environmental Wellness is the ability to recognize our own responsibility for improving the quality of the global environment.

The Dedham Public Schools community educates students on their ability to make a positive impact on the quality of our environment, homes, communities and our planet.

Occupational and Financial Wellness

Occupational and Financial Wellness focuses on one's ability to find personal fulfillment from their chosen career while maintaining a healthy balance in their lives.

The Dedham Public Schools community recognizes that occupational wellness begins with students learning about personal fulfillment in their academic endeavors while learning about the career opportunities that exist in their future. Our community encourages our students to find personal satisfaction in their education and work towards finding occupational and future financial wellness while pursuing opportunities that offer personal fulfillment.

Cultural Wellness

A culturally well person is aware of their own cultural background, as well as the diversity and richness present in other cultural backgrounds. Cultural wellness implies understanding, awareness and intrinsic respect for all aspects of diversity.

The Dedham Public Schools community recognizes that awareness of our own cultural background as well knowledge and recognition of other cultures is vital. We support students in developing and maintaining healthy relationships with those around them and encourage activities and experiences that support the diversity of all communities through knowledge, acceptance and understanding.

Committee Members

School Administrator/Chairperson	Michael Welch	Superintendent
Food Service Director	Jeanne Johnson	Food Service Director
Teachers of Physical Education	Mark Carney	Department Head- Wellness
School Health Professionals	Gail Kelly	Director of Health and Human Services
School Committee Member		
General Public		
Youth Commission	Robert Blaney	Director of the Youth
Student		
Parent		
1-5 School Adjustment Counselor	Elaine Sheehy	Riverdale
K School Adjustment Counselor	Jenna Callahan	ECEC School
Psychologist	Ashley Dube	HS Psychologist
HS Vice Principal	James Forest	HS Principal
MS Principal	Karen Hillman	MS Principal
MS Health Teacher	Tom McLeish	MS Health Teacher
Elementary Principal	Ed Paris	Riverdale Principal
Elementary Principal	Ashley Bodkins	Greenlodge Principal
Elementary Health Teacher	Mary Torchio	Greenlodge Health
Food Service Manager	Mary Watson	Avery FS Manager