
Educational Services Commission of New Jersey Wellness Committee 2019-20 Annual Report

'We are here for you'

The Wellness Committee works collaboratively with community resources, parents and school staff during these exceptional times



Goals:

- ❖ Improve Nutrition & Physical Activity
- ❖ Provide resources due to Covid 19, Corona Virus Pandemic
- ❖ Support students and parents

The Committee met three times during the FY20 school year.

Highlights of the 2019-20 School Year

The Educational Services Commission of New Jersey is fully committed to our students with all possible support during the COVID 19 Corona Virus Pandemic. *We are here for you.* The district's nutrition and physical education programs are designed and have been redesigned for online learning due to the Pandemic to build the skills and knowledge that all students need to maintain a healthy lifestyle. Our special thanks and appreciation to the Commission staff that has made it possible for all the health and wellness activities to be done from home.

From September to March during normal curriculum the nutrition and wellness program was implemented through art classes, instruction and activities, that included personal hygiene, healthy meal choices, introduction of new foods and textures and regular exercise to keep students moving every day. Our school gardens did very well and students were able taste the vegetables and make and sell healthy salads to faculty and staff. During February students participated in other healthy heart activities like the *Healthy Heart Cart* selling healthy snacks such as granola bars, baked/popped chips, flavored water. Students were encouraged to eat more fruits and vegetables and opt for low fat and sugar options. **Wear Red!** schedule was shared with students and staff.

March brought new challenges and for the safety of all students and staff an online instruction curriculum was adopted. Students began and continue to receive lunch from the sending school districts to make it more accessible. Daily lessons for Health and Wellness from the Physical Education teachers were planned that focus on fitness and movement to stay active.

- Handwashing: video lessons and step by step lessons
- Social Stories: about wearing a mask, social distancing, and staying at home
- Practice wearing/tolerating a mask
- YouTube videos about the pandemic and germs.
- Special School specific YouTube links for activities
- Science experiment: modeling the virus by using oil and show how soap removes the virus
- Assigned readings: example “Why We Stay Home”
- Movement videos
- Lessons on healthy habits and healthy eating
- Conversations with parents
- Our Mental health staff are doing daily wellness check ins with the students and their families

A sample weekly plan looks like this (sample instruction and worksheets are attached):

Monday -Volleyball Skills Game- Serve, Bump, Set. This can be done with a ball, beach ball, or a balloon

Tuesday-Knock Down the Cups Boardwalk Game – Plastic Cups for a Bowling fun activity

Wednesday - NEW**** You Tube **CLL Physical Education** for instructional dance videos.

Thursday -Superhero Action Training-Check off as many for superhero action training!

Friday-Flexibility - Stretching all muscles routine to warmup.

‘We are here for you’ is the message to all ESCNJ students & families. You have our support during this phase as we strive to keep you safe and healthy.





Superhero Action Training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.

<input type="checkbox"/> balance on one foot for 10 seconds		<input type="checkbox"/> bend and touch your toes 10x	
<input type="checkbox"/> crawl forward for 10 feet		<input type="checkbox"/> curl your body up and hold for 10 seconds	
<input type="checkbox"/> gallop for 10 steps		<input type="checkbox"/> hop on one foot 10x	
<input type="checkbox"/> jump in place 10x		<input type="checkbox"/> kneel up tall for 10 seconds	
<input type="checkbox"/> leap forward 10x		<input type="checkbox"/> roll in a straight line for 10 feet	
<input type="checkbox"/> run in place for 10 seconds		<input type="checkbox"/> sit and then stand up 10x	
<input type="checkbox"/> skip forward 10x		<input type="checkbox"/> slide to the right 10x slide to the left 10x	
<input type="checkbox"/> stomp your feet in place 10x		<input type="checkbox"/> straighten your body and hold for 10 seconds	
<input type="checkbox"/> stretch your legs for 10 seconds		<input type="checkbox"/> twist your body to the right and left 10x	
<input type="checkbox"/> walk backwards for 10 steps		<input type="checkbox"/> wiggle your body for 10 seconds	

Go to www.YourTherapySource.com/superhero for the complete download