
Educational Services Commission of New Jersey Wellness Committee 2020-21 Annual Report

'Reinventing the Wheel'

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



Goals:

- ❖ Provide resources to staff and parents during the Coronavirus pandemic
- ❖ Improve Nutrition & Physical Activity while keeping students safe

The Committee met four times during the FY21 school year. All meetings were virtual.

Highlights of the 20-21 School Year

The Educational Services Commission of New Jersey has been dedicated to reopening schools and bringing back students and staff safely. *'Reinventing the Wheel'* has been the mantra for this school year. The commitment of Commission's staff has been invaluable towards keeping the kids healthy and active.

Cafeterias have been closed and meals are being delivered in each class to minimize contact. Vendor delivers the meals that are packed individually and are served accordingly. The option to pick meals is provided for those still attending school virtually. The lesson of healthy food habits and exercise is now being practiced inside and outside. Schools have planted vegetable and flowers in raised box gardens, rooftop gardens and greenhouses. Lessons are focused on healthy food choices versus unhealthy ones. Students do the "My Plate" activity of identifying foods, categorizing into food groups, and creating a "healthy plate and choose what goes into a healthy smoothie.

Exercise and Gym classes have been outside weather permitting or inside with the aid of videos, music and trampolines. Yoga is a part of the daily routine for students. There has also been sharing of mental health resources and mindfulness activities with the staff including end of the day meditation. February was observed as the Healthy Heart month.

Student lesson plans now include lessons that inculcate habits that are helpful during the coronavirus pandemic.

- Use of PPE, handwashing, hygiene practices students practice wearing masks and social distancing through video modeling/worksheets/stories and extending mask wearing to longer periods of time
- Simulated CBI experiences: exploration of the Doctor and Dentist offices to prepare for visits
- Recognizing the signs of feeling “well” and “not well”

We are ‘Reinventing the Wheel’ to provide the best services and normalcy to all our students

