
Educational Services Commission of New Jersey Wellness Committee 2022-23 Annual Report

“We are Back”

The Wellness Committee works collaboratively with community resources, parents and school staff for the success our Food Program



Goals:

- ❖ Student needs are always the Priority
- ❖ Providing Nutritious and wholesome meals

The Committee met four times during the FY23 school year. All meetings were virtual.

Highlights of the 2022-23 School Year

The Educational Services Commission of New Jersey is proud to say that all are students *are back* and we are completing another successful year.

Schools continue to have monthly activities like National Respect Day for respectful Interaction, Fall Harvest Week to host local farmers for fresh produce sale, Petting Zoo to interact with animals and feed them with fruits and vegetables, World Laughter Day for students to share jokes or a funny activity to spread cheer and National Safety Month. Students look forward to classroom visits by trained therapy dogs through ‘Creature Comfort Pet Therapy’. On Earth Day this year students and staff planted flowers and vegetables in regular gardens, raised beds or in the Green House. Schools use the produce to sell salads to staff for lunch. Plants sales are also held for Fall, the Holidays and Spring time for the community during conferences and special events at the schools.

In February, all schools participated in Kids Heart Challenge. The goal as always to increase the heart rate and keep everyone moving. Followed up in March with the Down Syndrome Awareness Walk and the MD month races with wheelchairs, walkers, scooters and by running help in understanding different disabilities. The Autism Awareness Week in April was marked with the schools organizing activities like walking laps around the school and dancing with a DJ.

The collaboration with 'Keep Middlesex Moving' is a multi-week program that introduces pedestrian safety, bicycle safety, and then on-bike training to our students. Depending on the weather, students participated in the gymnasium or in the parking lot. Students began with pedestrian safety techniques, then progressed to pedal-less balance bikes, and then to actual bicycles with pedals.

All Educational Services Commission schools are planning the Spring Olympic activities. Student are walking in the hallways and outside on warmer days. Lesson themes include healthy eating and exercising. There is daily Yoga and Meditation and weekly Fitness Room visits. The schools are equipped with therapy and fitness equipment such as bikes, elliptical machines and treadmills that the students utilize throughout the day. The pool at the Aquatics and Fitness Center has been a key part of the exercise routine for the students.

The Commission's Food Program audit was a success with only minor flagged items .

The Wellness Committee wants to wish our Superintendent and leader, Mr. Mark Finkelstein the very best on his retirement. Enjoy with good health and happiness.



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