

WELLNESS CORNER

Did you know that the South Hadley Public Schools has a Health and Wellness Advisory Committee? We do!

In July 2010 the Massachusetts legislature passed “An Act Relative to School Nutrition” (M.G.L.c.111, s.222, 105 CMR 215.000) which called for “regulations facilitating the establishment of school wellness advisory committees.” The regulations were drafted in 2010-2011, reviewed and passed by the Public Health council in July 2011. These regulations went into effect in August of 2012.

South Hadley Public schools is aware of the growing national concern about childhood obesity and related diseases. The district promotes healthy students and staff by supporting wellness, good nutrition and regular physical activity as part of a community wide learning environment through dietary and lifestyle practices. The committee will work toward educating the school community on health and wellness issues.

South Hadley has a wellness committee that meets at least 3 times per year. We have volunteer members that have backgrounds in various health and wellness fields such as pediatricians, school nurses, education, paraprofessionals, fitness trainers/educators, nutritionist, food service director, parents and student representatives. This year our members include:

Dr. Dennis Rosen- School District Physician

Dr. Robert Abrams-Pediatrician

Dr. Greg Petrosky- ED.D, Psychologist

Matt Hogland- Food Service Director

Tad Desautels- Head of Physical Education and Athletics SHHS

Cheryl Pelland-Lak- Registered Dietician

Jessica Carey- Certified Personal Trainer

Shauna Sullivan- Physical Education Teacher, MESMS

Davi Guiel- Health and Wellness Coordinator, Holyoke YMCA

Eileen Garvey RN- District Nurse Leader, Plains School Nurse

Elizabeth Winfield RN-Michael E. Smith

Kathy Watkins RN- Mosier School Nurse

Sarah Smith RN- SHHS

*Each month, starting this month, we will have an article in the each school’s newsletter on topics of health and wellness. It is called the “Wellness Corner.” Hope you all enjoy reading and learning about some health topics and wellness practices for healthy living.

Eileen Garvey RN- Chairperson, Health and Wellness Advisory Committee