



# Mansfield Health & Wellness Newsletter

## Jordan/Jackson Learning Garden

Garden efforts continue to grow in our district. Hard work and enthusiasm earned the Learning Garden at the Jordan/Jackson Elementary School recognition by Governor Charlie Baker.

Jason Wentworth, State Assistant Commissioner of Agricultural Resources, recently addressed students and staff at Jordan/Jackson Elementary School. Mr. Wentworth read a proclamation from Governor Baker declaring Monday, May 15th "Plant Something" Day in the commonwealth.

Also on hand for the observance were Roberta and Ken Oles, president and

vice president, respectively, of Massachusetts Agriculture in the Classroom which promotes student learning about farming and agriculture. They were joined by Representative Jay Barrows, R-Mansfield, School Committee Chair-



Mr. Robert Cote with Rep Jay Barrows and Jason Wentworth planting first flowers in the garden

man Kiera O'Neil, and Jordan/Jackson Principal John Niertko.

The Learning Garden was set up four years ago with financial support from a grant. Under the caring hands of 5th grade teacher Mr. Robert Cote, the garden has expanded to cover over 1,000-square-feet.

This year, the garden will be planted with flowers as well as staple crops such as potatoes and squash. Vegetables will be donated to our local food pantry. Last year, the garden produced about 150 pounds of food for the pantry.

It also serves to teach children about pollination by

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by insects, nesting patterns of local birds and the importance of composting.

Thank you to Ms. Freedman's 5th grade class and especially to Maddie Morris for her hard work in designing our new Health and Wellness logo:



## District Gardens

School gardens are a wonderful way to connect students with the natural world and the true source of their food, Mansfield starts the journey early at the Roland Green Pre School. This May, Roland Green hosted

an end of the year event to celebrate their Community Garden. Students and families helped in planting the seeds for their second annual Playground Garden. Students were also able to take planted seeds home

for their own gardens. Robinson garden efforts are also in full bloom this Spring. With the help of Mr. Cote's class. Robinson students prepared their soil for fertilization and planted

their beds in preparation for another successful season. District Gardens are lovingly maintained through the summer months by volunteer teachers, students, and families.

# PBIS Update

District Positive Behavior Intervention and Support (PBIS) continues to be implemented across all grades Pre-K-5. Teams and coaches for each school have been established and training has rolled out over the last few years. PBIS has been individualized to fit the needs of each school. Each building established Core Values and Expectations and developed lessons that have been delivered to students.

Bus Behavior has been a focus

throughout the elementary grades. After reviewing expected bus behavior with the students, acknowledgment of achieved behavior is given to students in various forms. Some months "special guests" are invited to ride the bus with students such as our elementary school mascot, the Happy Hornet. Currently at Jordan-Jackson, recognized buses are the first to leave the school at dismissal.

These acknowledgements encourage moments of positive interaction be-

tween staff and students and help build a positive school culture.



Robinson Students with the Happy Hornet



## HOCKOMOCK AREA YMCA

*"We strengthen communities together. It's our promise and it's our cause."* ~ Ed Hurley, President

## Community

Mansfield's strong collaboration with the Hockomock Area YMCA continues with community events such as the bi-annual Walk to School Day. In collaboration with Safe Routes to School, this event is growing in numbers every year for our Jordan/Jackson students.

The YMCA is active with student programming as well. The YMCA facilitates the Nutrition Detectives Program, an evidence-based curriculum designed by Dr. David Katz and his

wife Catherine for grade 3 students. Through a partnership between the YMCA and GetREAL Food Campaign, students participated in a "Get Real Food" poster contest to highlight the difference between real and packaged food. As a result of incredible effort, Jordan/Jackson School was selected to host a visit from Jeff Kinney, author of Diary of a Wimpy Kid, before the end of the school year.

## Reading, Writing, and Recycling

Through a grant submitted by Keep Mansfield Beautiful, the Coca-Cola company awarded 18 new outdoor recycling bins to the Mansfield School System. These bins were installed at Mansfield High School's athletic fields, track, and other strategic locations outside the Qualters Middle School, the Jordan/Jackson and the Robinson School. Student athletes

and other visitors to the Mansfield schools can now effortlessly help our district in recycling efforts.

Keep Mansfield Beautiful is dedicated to eliminating litter, improving recycling, and beautifying public spaces. Grant recipients were chosen based on their potential to recycle the most cans and bottles, along with other considerations.



Teresa Murphy, Assistant Superintendent, with Neil Rhein, Executive Director of Keep Massachusetts Beautiful and Josh Fogel, MHS Assistant Principal

# Student Presentations and Classroom Instruction

Mansfield High School hosted Richard Guerry, founder of the non-profit organization the Institute for Responsible Online and Cell-Phone Communication (IROC2). Mr. Guerry spoke to grades 9,10, and 11 on the safe and responsible use of technology and social media. He explained to the audience the importance of digital legacy and how actions today will be used to shape future generations.

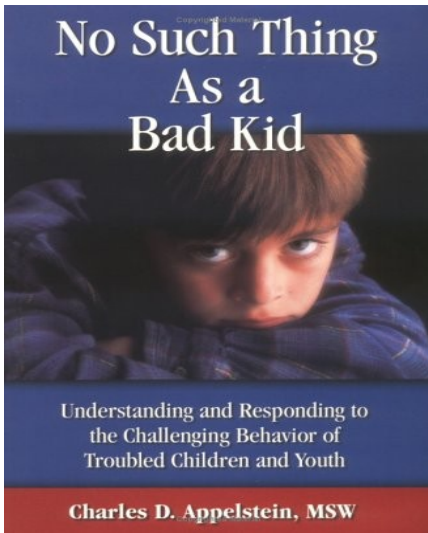
High School Health Classes welcomed Officer Kenny Wright, our School Resource Officer, and fellow Mansfield Police Officer Derek

McCune, into their classrooms to discuss the dangers of substance abuse and how to seek help and guidance when issues arise.

Officer Wright also organized a group of Juniors, including Fall Athletic Captains, to attend the Second Annual Teen Summit sponsored by the Bristol County's District Attorney, Thomas Quinn III. The event brought awareness to various risks that today's teens face. Topics included under-age drinking, new marijuana laws, mental health, cyber safety and more.



MHS Juniors with Officer Wright and MHS teachers Hilary Crook and Robbie MacDonald-Smith



*"There is no such thing as a bad kid or bad parent; just bad luck and bad choices."*  
~ Charlie Appelstein

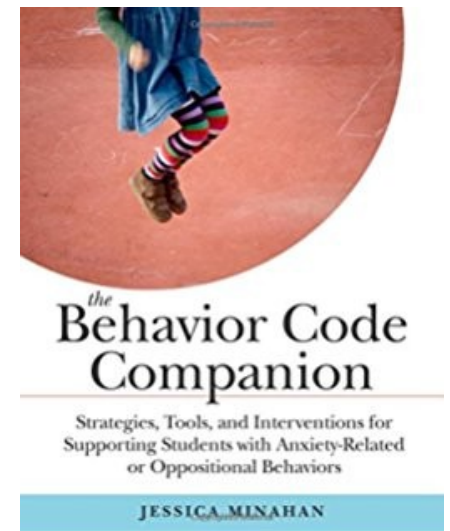
Charles Appelstein, Youth Care Specialist and author, presented to teachers at the Jordan/Jackson about working with children with emotional and behavioral issues.

## Supporting Staff

His approach to helping at-risk kids is based on strength-building rather than flaw-fixing. Mr. Appelstein's presentation focused on responding instead of reacting to problem behavior; self-esteem building; and proactive interventions. Staff have been incorporating his unique proactive interventions in their classrooms

Jess Minihan, Licensed and Board-certified Behavior Analyst (BCBA), presented to staff at QMS and MHS about providing empathetic and flexible strategies for preventing inappropriate behavior in the classroom and dealing with it once it has already happened. Ms. Minihan offered time-tested interventions that should lead students to more appropriate, constructive behavior in the classroom.

*"A more flexible classroom culture is universally beneficial, teaching every student skills for success"*  
~ Jess Minihan





## Health and Wellness Advisory Council

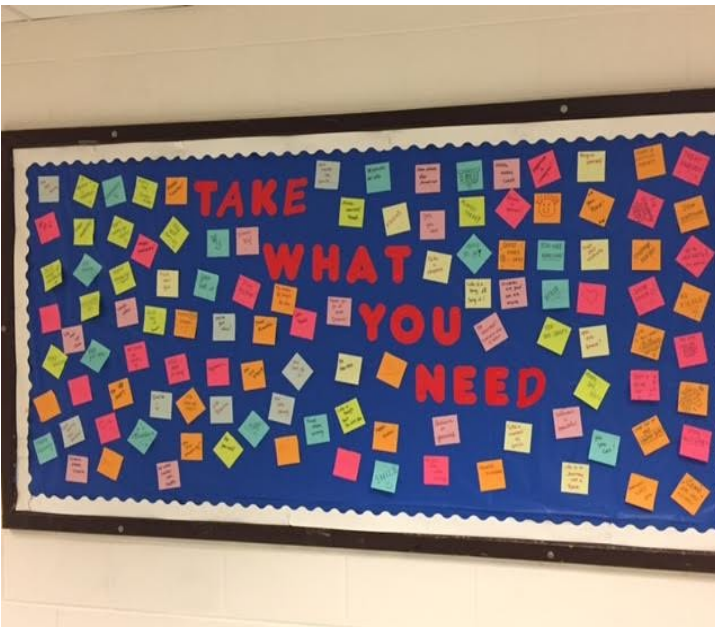
The Health and Wellness Advisory Council (HWAC) is comprised of school administrators, nurses, guidance, teachers, parents, community leaders and student delegates. Our mission is to provide and develop educational Health & Wellness resources, and to promote and support the physical and social/emotional health of our school community. The council serves as a common ground for all grade levels to share ideas and look for support in areas of need. Please contact [christine.dooling@mansfieldschools.com](mailto:christine.dooling@mansfieldschools.com) if you are interested in serving on our committee.

**“There Is No One Giant Step  
That Does It. It’s A lot Of  
Little Steps.”**

*~ Peter Cohen*

Health and wellness Advisory Council

Chair: Teresa Murphy, Assistant Superintendent  
Wellness Coordintaor: Christine Dooling  
[christine.dooling@mansfieldschools.com](mailto:christine.dooling@mansfieldschools.com)



Mansfield High School Nurses maintain this popular bulletin board full of positive phrases such as “You are the best”, “You make me Smile”, and “Be Kind”, that students take as needed throughout the day.



Our MHS Olympians at the Special Olympics Pep Rally!

Special thanks to Robinson and J/J students that participated in Jump Rope for Hearts. This year’s total exceeded \$8,400 for the American Heart Association - our biggest amount yet!

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