

ORGANIZATION/PROGRAM DESCRIPTION

The Wellness program addresses both physical education and health education. The premise on which we base our elementary physical education program is that a stimulating and enjoyable environment encourages enthusiastic participation. The program is child-centered rather than subject centered. Care is taken to select activities that are developmentally appropriate. The activities are all designed to develop skills and fitness, thereby fostering confidence, enhancing self-esteem, and increasing the likelihood of participation in physical activity during leisure time. All classes meet twice a week all year. The health education component is currently taught using an integrated model, which involves classroom teachers and the physical education faculty. Lessons address safety, nutrition, disease prevention, diversity, mental health, growth and development, reproduction/sexuality and physical activity and fitness consistent with eleven of the fourteen standards of the Massachusetts Health Curriculum Framework. The Lexington Elementary Physical Education and Wellness Curriculum supports the Lexington Public Schools Mission, the Massachusetts Comprehensive Health Curriculum Frameworks, the National Standards for Physical Education, the National Standards for Adapted Physical Education, and the National Standards for Health Education.

The Clarke and Diamond Physical Education and Wellness Programs support approximately 1,500 students in grades 6-8. The Wellness curricula address most standards of the Massachusetts Comprehensive Health Curriculum Framework through physical education and health classes. A wide range of physical activities are offered including team games, individual sports, fitness activities, cooperative games, and problem solving activities. Every student participates in physical education twice a week for the entire year. Age appropriate health lessons are required in the seventh grade for one semester. Two electives, Multimedia Health Messages and CPR/First Aid, are offered in the eighth grade. The Lexington Middle School Physical Education and Wellness Curriculum supports the Lexington Public Schools Mission, the Massachusetts Comprehensive Health Curriculum Frameworks, the National Standards for Physical Education, the National Standards for Adapted Physical Education, the National Standards for Health Education and the characteristics and needs of the middle school student.

The Lexington High School Wellness Program services approximately 2,000 students in grades 9-12. Wellness addresses the balance of its six dimensions – intellectual, physical, spiritual, emotional, social and occupational. The Wellness courses strive to develop citizens who are health-literate and who practice making informed and healthy choices throughout their lives. These courses contribute to the development of “resiliency” in students. Students learn to understand and demonstrate the responsibility they share as individuals, family members and citizens to act in ways that enhance health for themselves and others. Physical education addresses the need for an educated person to understand and appreciate the importance of movement in his/her complete development and the role it plays in leading a lifelong healthy lifestyle. Students are provided opportunities for development, enrichment, and for the pleasures that come from achievement and excellence, whether through the development of fitness, opportunities for self-expression, skills learned for later utilization, or the lessons of life experienced in sports, games, recreational activities and personal and community health activities.

Health issues include personal health, positive relationships, stress reduction, nutrition, fitness, stress management, and problems such as substance abuse, contagious diseases, inter-relational violence, and eating disorders. Students are required to pass physical education that meets twice per week for 12 of 16 quarters to earn 6 credits required for graduation. Students in grades 9 and 11 are required to take health education twice per week for one semester to earn 2 credits required for graduation.

STAFFING SUMMARY:

Line No	DESE Func	JOB_DESC	Operating				Total Sum of FY11 FTE Budget	Total Sum of FY12 FTE	Total Sum of FTE Change	Total Sum of FY12 Budget
			FY11 FTE Budget	FY12 FTE	FTE Change	FY12 Budget				
1	2110	COORD	0.70	0.70	0.00		0.70	0.70	0.00	
	2305	HEALTH TEACHER	3.00	3.00	0.00		3.00	3.00	0.00	
		PE TEACHER	22.35	22.35	0.00		22.35	22.35	0.00	
		PE/WEELLNESS ASST COORD	0.50	0.50	0.00		0.50	0.50	0.00	
	2320	PE TEACHER	0.46	0.46	0.00		0.46	0.46	0.00	
4	2110	SEC COORD	0.27	0.27	0.00		0.27	0.27	0.00	
Grand Total			27.28	27.28	0.00	\$ 1,993,620	27.28	27.28	0.00	\$ 1,993,620

EXPENSE SUMMARY:

State Func - Seg 7	FY11 Funct	ACCOUNT DESCRIPTION - new	Sum of FY09 YTD EXP/ENC	Sum of FY10 YTD EXPENDED	Sum of FY11 STM Budget	Sum of FY12 ATM Request	Sum of \$ Changed
2357	Professional Development Stipends, Providers and Expenses	PROFESSIONAL SERVICES SEMINARS/WORKSHOPS/CONFERENCES	\$ - \$500	\$ - \$ 429	\$ - \$ 1,030	\$ - \$ 1,030	\$ - \$ -
2410	Textbooks and Related Software/Media/ Materials	TEXTBOOKS	\$40	\$ 15	\$ -	\$ -	\$ -
2420	Instructional Equipment	EQUIPMENT EQUIP-SERVICE & REPAIR REPLACEMENT OF EQUIPMENT	\$32,479 \$2,615 \$ -	\$ 32,627 \$ 5,421 \$ -	\$ - \$ 7,210 \$ -	\$ - \$ 7,210 \$ -	\$ - \$ - \$ -
2430	General Supplies	SUPPLIES & MATERIALS	\$16,236	\$ 19,640	\$ 19,968	\$ 22,154	\$ 2,186
2440	Other Instructional Services	MILEAGE OUT OF STATE TRAVEL PROFESSIONAL SERVICES	\$1,935 \$ - \$1,750	\$ 961 \$ - \$ 13,287	\$ 654 \$ - \$ 27,927	\$ 654 \$ - \$ 27,927	\$ - \$ - \$ -
Grand Total			\$55,555	\$ 72,381	\$ 56,789	\$ 58,975	\$ 2,186

- Per Pupil Allocation: The amount of money per student that is allocated to each program area for the acquisition of curriculum specific materials, supplies and equipment for the benefit of the students enrolled in the specific program. The per pupil allocations are determined for each program classification (i.e., K-5 Math, 6-8 Math, 9-12 Math, Special Education, English Language Learners), based on the official October 1 enrollment reported to the Department of Elementary and Secondary Education.