

Proposal to Transform Old GHS Room into a New Wellness Center

Prepared for Glassboro Board of Education

By Christian Lynch, GHS Assistant Principal

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REQUESTED ACTION:

The Glassboro Board of Education should approve the transformation of the old weight room at Glassboro High School into a new wellness center. This new reconstituted center would take the place of the current weight room. This updated facility would be for the use of the school's students and staff. This facility will operate under the direction of a Wellness Leader for the district (who will act as a liaison/point person between the district and the SHIF) as well as a wellness committee. As a member of the Schools Health Insurance Fund (SHIF) through AmeriHealth, we can file an application for a wellness grant that can contribute to this wellness initiative and help provide guidance and resources in order to support our wellness and curricular goals. Note that our health insurance rates are not affected with this initiative, because this is not an expense that is covered under the health insurance contract.

NEEDS STATEMENT:

Glassboro High School needs this wellness center for the following reasons:

- The current weight room is dilapidated, lacking proper functional equipment
- The current weight room lacks the amount of equipment needed to maximize time and efficiency
- The current weight room does not support a holistic approach to physical education in that it does not house equipment geared towards cardiovascular/aerobic fitness as well as flexibility training
- A new wellness center will become another resource, and, in essence, another instructional classroom, that can be utilized by the physical education staff during school hours
- A well-stocked wellness center will augment the programming for the interscholastic athletic teams
- A well-stocked wellness center will escalate the profile of the district

PROJECT DESCRIPTION:

Successful completion of the project will accomplish the following results:

- Help create a positive school climate that fosters learning by augmenting physical education curricular programming
- Improve wellness policies and health programs for students and staff, thereby improving health and well-being overall
- Build local partnerships to support expanded health services
- Promote healthy school practices through physical activity, health education, and nutrition
- Reduce doctor and emergency room visits for students and staff by improving overall fitness. Statistics show that employees who fully utilize an employment-provided wellness program have less health-related and work-related issues and/or injuries.
- Offer services that support at-risk students who often take advantage of wellness centers

- Increase school attendance for students who are motivated by fitness and training
- Create a central location for fitness maintenance educational resources
- Will provide an option for students to utilize during their lunch block. We can consider covering this time as a duty.
- Will create a physical meeting place for classwork, health fairs, seminars, etc.
- Will designate a Wellness Leader and a Wellness Committee which will be in-house point people for wellness initiatives

LOGISTICS

Material Requirements	Staff Requirements
TBD	Wellness Leader Wellness Committee members
Material Cost Estimates: TBD	Personnel Cost Estimate: \$0 to the district

POINT PERSON DUTIES:

The district liaison (Christian Lynch, GHS assistant principal) will work on the plans, submit the application for the grant, support the employees in conducting activities, etc.. Volunteers for the Wellness Committee will be solicited from the GHS teaching and coaching staffs. The district may allow for a stipend to be paid to a Wellness Leader out of the grant money for the job duties. This Wellness Leader position will be designated by administration from the members of the Wellness Committee who show interest and interview for the position. The Wellness Leader will monitor the general students (those not participating in interscholastic sports that season) on Tuesdays and Thursdays from 2:30 p.m. -4:00 p.m..

PRELIMINARY ACTION STEPS IF APPROVED:

- Once the grant application is completed, it will be submitted to the SHIF Executive Committee for review and approval. The grant deadline for the next school year (2020-2021) application is May 20, 2020.
- Once approved, the district can implement the plans in accordance with a chosen wellness plan. We would like to choose Option 4 which allows us to implement our own wellness plan. The description for Option 4 as stated in the SHIF Wellness Grant Program states:
Option 4- Design Your Own Program –This option will allow the district to continue with an existing program or design a new wellness plan for this school year. Please include a detailed description of the plan, timeframes and associated costs that the district will be responsible for and total grant money requested by the Fund.
- When electing to make up your own plans, we have access to a vendor who can offer ready-made options to complete an entire wellness event, or any parts of one as an activity. The other options are pre-made programs, which does provide limits to what can be done.
- All approved expenses would be reimbursed to the District up to the approved amount of the grant. There is a special voucher for the business administrator to use for submission of receipts.
- Dina Murray of Allen Associates has made herself available to the committee, or Wellness Leader, to assist in putting together a strategy. She has had a lot of experience assisting other schools.