

# School Wellness

Advisory Committee Report  
April 7, 2016

## Agenda

- Survey Results (key findings)
  - Drugs
    - Alcohol
    - Prescription drugs
    - Marijuana
  - Sexual Behavior
    - Best Practice
  - Mental Health
    - Protective Factors
    - Suicide
    - Depression
    - Anxiety
      - School Avoidance

## Alcohol and Other Drug Use

- Notice spike in behavior change: 8<sup>th</sup> and 10<sup>th</sup> grade.
- Misuse of drugs.

## Substance Use Changes in Behavior 7<sup>th</sup> – 8<sup>th</sup> grade

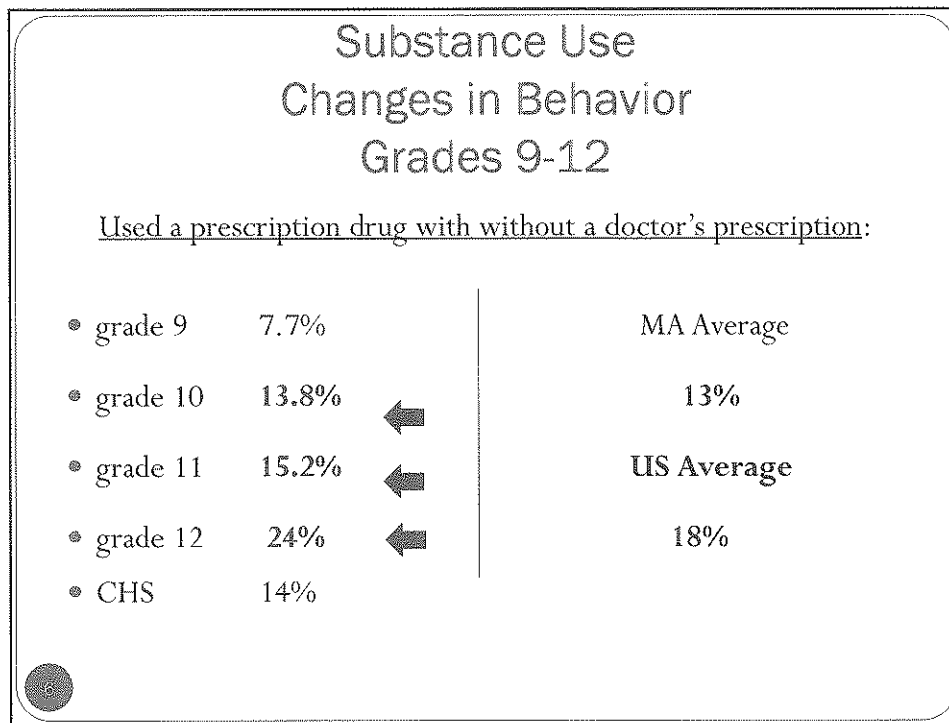
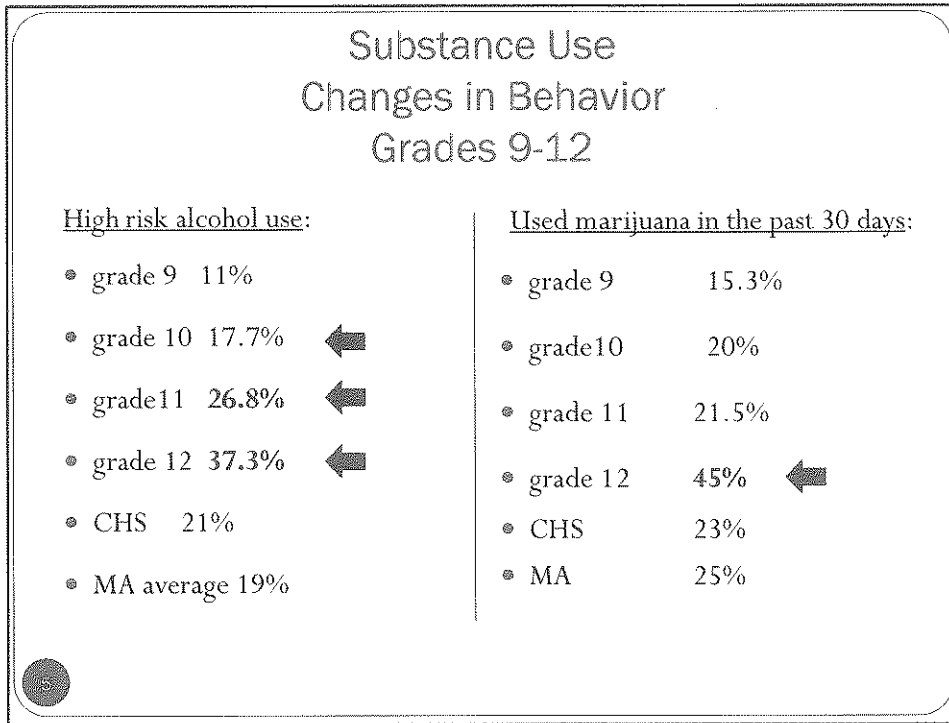
### Alcohol, lifetime use:

- Grade 7 12.3%
- Grade 8 **20.1%** ←
- GMS 16%
- MA 18%
- GMS females 7.2%
- GMS males 9.9%

### Marijuana, lifetime use:

- Grade 7 4.4%
- Grade 8 **11.2%** ←
- GMS 8%
- MA 8%





## Sexual Behavior

- 64% of CHS students who were sexually active in past 30 days used a condom. 58% MA
- Social Trends
- Parents
- Education

## Mental Health

1. Social Emotional Learning
2. Suicide
3. Stress
4. Anxiety

## Protective Factors

Topic	GMS	CHS
There is at least one teacher or other adult in the school that they can talk to if they have a problem	75% ←	74% ←
They can talk with at least one of their parents or other adult family member about things that are important to them	87%	85%
Family has clear rules about alcohol and drug use	85%	81%
Their parent/guardian talks to them about the dangers of alcohol and drugs	77.5%	79%



## Suicide Behaviors and Stress Galvin Middle School

Measure	Canton	MA
Seriously thought about killing yourself	→ 15%	8%
Made a plan about how you would kill yourself	9.5%	NA
Actually tried to kill yourself	7%	4%

	Grade 7	Grade 8
Have you ever seriously thought about killing yourself?	→ 12.8%	→ 18.1%
Have you ever made a plan about how you would kill yourself?	5.3%	14.1%
Have you ever tried to kill yourself?	3.5%	→ 10.2%

	Boys	Girls
Have you ever seriously thought about killing yourself?	→ 12.6%	→ 17.8%
Have you ever made a plan about how you would kill yourself?	6.3%	12.4%
Have you ever tried to kill yourself?	3.4%	→ 9.7%



## Already in place:

- Collaborative Problem Solving (District-wide)
- Health Course Offerings, National Health Standards
  - Grades K-5 weekly
    - K-2: safe and unsafe substances, listening skills, healthy ways to express feelings, identifying trusted adults
    - 3-5: developing positive relationships, resolving conflict, peer influences, decision making, refusal skills, health effects of ATOD, grade 4 & 5 puberty
  - Half day K, no health
  - Grades 6-8 twice weekly for one semester
    - Interpersonal communication, conflict management and reducing violence, decision making, refusal skills, stress management, developing positive relationships, advocating health choices and ATOD, interconnectedness of social, emotional, physical health, developing sound character, healthy dating relationships, developing a network of support; social, emotional changes and physical changes related to the teen years.; resources for help
  - Grade 9 one semester course
    - Whole person wellness, decision making, refusal skills, advocating healthy choices among peers, interpersonal communication, health effects of ATOD, safe dating, stress management; sadness, depression and suicide prevention, reducing the risk for unintended pregnancies and STDs/STIs; resources for help
  - Grade 10 no health classes
  - Grades 11 & 12: may have health topics, depending on selected Wellness classes
    - Family and Child Studies: developing healthy relationships and families, family planning, resources for families in crisis, health effects of ATOD and children
    - Safety and Self Defense: decision making, promoting healthy choices and ATOD
- Evidence based curriculum:
  - K-3 Grade level classroom Second Step
    - Grade 3-8 Steps to Respect, part of Health curriculum, listed above, Wellness staff currently working towards building common assessments, collection of data.
- Social Thinking Curriculum (Pre-K)
- Guidance Seminars 9-12
- Guidance Curriculum, grade 6-12, vertically aligned, following ASCA standards.
- Elementary recess, 25 minutes, daily, after lunch.
- School Presentations: DOVE, Healthy Eating, Yellow Dress, Guest Authors, Guest Speakers re: substance abuse, Norfolk Advocates for Youth, Rachel's Challenge
- Staff Training on Opiate Addiction through the Norfolk County DA's office: health curriculum and SBIRT (Screening, Brief Intervention and Referral to Treatment) scheduled for May, 2016

## Recommendations

Where we are headed in the year to come and three years out:

- Create a Committee Pre-k-12 to collect and analyze data regarding social emotional learning needs district-wide such as:
  - No homework over Winter vacation 2015-16: need to collect data from students, parents, teachers. Expand to all school vacation weeks?
  - Effectiveness of programs already in place (e.g. Second Step, Steps to Respect, etc.)
  - Needs assessment for additional programming
  - Recommendations for future directions based on data
  - Recommendations for professional development (e.g. Training for PreK-12 Staff on social/emotional learning and best teaching practices using research based strategies)
- Presentations: continue, but understand the temporary impact (e.g. Yellow Dress)
- If supported by data, include SEL curriculum for all grade levels
- Develop a plan so that every PreK-12 student identifies one staff member they could go to with problems/concern
- Additional health skills curriculum for half-day Kindergarten, GMS, 10-12 CHS: decision making, advocacy, interpersonal communication, health-enhancing behaviors, analyzing influences
  - Through Wellness and Guidance programming
- Additional PreK-12 Counseling staff (e.g. growing referrals for services)
- Expand home/school interventionist PreK-12 (e.g. growing caseloads)
- Increase recess or daily opportunities for beneficial physical movement PreK-8
- Screenings for anxiety/depression/risk of suicide
- Learn from SBIRT training and follow law for future survey implementation

## Future:

June 13, 2016

Suicide Prevention and Depression Awareness for seventh graders (in planning)

May 4, 2016

Parent Coffee with Counselors (depression, anxiety, and stress reduction) CHS

October 19, 2016

Kelly Kitley presentation (alcoholism and mental health) for seniors

Break Free From Depression w/Children's Hospital for freshmen

2016-2017 Academic Year

Completion and Implementation of 6-12 Guidance Curriculum

SOS for Eighth Graders

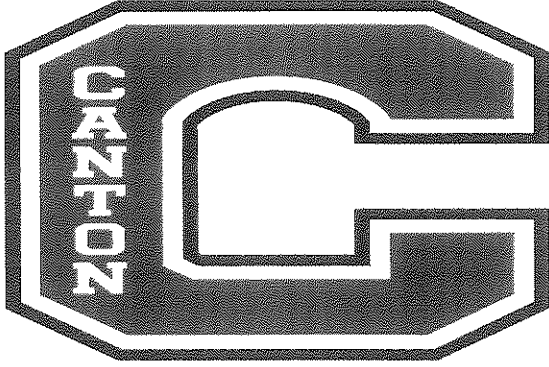
PD Counselors are Attending

SBIRT, Transgender Awareness, Mental Health and Nutrition and Meditation

Solutions, Suicide Prevention, Anxiety Trainings, Use of Data in Counseling

Trainings, Break Free from Depression, College Workshops

Canton Public Schools  
April 7, 2016



FY17 Operating Budget  
& Capital Budget Public Hearing

The Budget

Per SC Policy:

“The annual budget is the financial expression of the educational goals and programs of the school department.”



## Superintendent's Role

“Develop an ‘educationally sound budget’ for the Canton Public Schools. Our budget would be based on our perceived needs consistent with the District’s strategic objectives.”

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## School Committee Fulfillment of Responsibilities

“As trustees of local, state, and federal funds allocated for use in public education, the Committee will fulfill its responsibility to see that these funds are used wisely for achievement of the purposes to which they are allocated.”

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## Vision/Core Values

### **Vision:**

To develop students who are competent and creative thinkers, curious and confident learners, and compassionate citizens.

### **Core Values:**

- Academic Excellence and Rigor
- Inclusive and Engaged Community
- Respectful and Responsible Relationships
- Continuous Reflection and Improvement

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## Strategic Goals

1. By June 2016, all faculty will participate in professional learning communities which investigate the collection and use of multiple data sources so that every educator can cite examples of data analysis impact and subsequent modification of instruction/guidance on 100% of their students every quarter or trimester.
2. Throughout the 2015-16 school year ongoing feedback about performance will be provided to students and adults in order to support improvement and create accountability for results.

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## Strategic Goals – cont.

3. Throughout the 2015-16 school year, as the first of a multi-year initiative, professional development will occur to determine the cultural proficiency of all CPS employees as a foundation for creating a more inclusive culture for staff, students and families
4. Throughout the 2015-16 school year, we will provide social and emotional supports to ensure all students can fully engage in their learning.
5. During the 2015-16 school year, the district will support the investigation and financial funding for moving to a free Full Day Kindergarten effective September 2016.

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## What does that mean for the budget?

Provide *social and emotional supports* to ensure all students can fully engage in their learning.

- Specific positions which we must add to the budget:
  - Counselor for GMS
  - Home School Interventionist for CHS
  - District Nurse

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## What does that mean for the budget?

Emphasis on:

- continued STEAM expertise particularly setting high expectations for math at the secondary level.
- instructional expertise through coaching data analysis and appropriate feedback.
- increasing twenty first century skills through the addition of technology teachers at the elementary level.

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## CPS FY17 School Committee Budget Request

• FY16 Budget	\$36,259,995
• Contract Obligations	\$ 1,146,794 (3.16%)
• Priority I Budget Requests	\$ 523,422 (1.44%)
• Priority II Budget Requests	<u>\$ 147,500 (0.41%)</u>
• Sub-Total – Budget Increase	\$ 1,817,716 (5.01%)
• FY17 Budget Request	\$38,077,710 (5.01%)
• FinCom Target – (Voted 03-23-2016)	\$38,077,710

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## CPS FY17 School Committee Budget Request

**\$38,077,710**  
**(5.01%)**

- School Committee budget request has support of Finance Committee

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## Recent School Budgets

- FY17            \$38,077,710 (+5.01%)
- FY16            \$36,259,995 (+5.5%)
- FY15            \$34,559,255 (+4.92%)\*
- FY14            \$33,610,649 (+2.82%)\*
- FY13            \$32,011,496 (+4.99%)\*

\*Actual Expenditures

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## Staff Enhancements Within FY17 Budget Request

- 1.8 FTE CHS Classroom Teachers
  - 1.0 FTE CHS Home School Interventionist
  - 0.6 FTE GMS Classroom Teachers
  - 1.0 FTE GMS Guidance Counselor
  - 1.4 FTE Elementary Technology Teachers
  - 1.0 District-Wide Nurse
  - 1.4 FTE Instructional Curriculum Coaches
  - 1.0 FTE Elementary Educational Assistant
  - 1.0 Rodman Building Administrative Assistant
  - 0.5 CHS Athletic Trainer
- 10.7 FTE Total

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## FY17 Budget Request Areas Addressed

- Expansion of CHS courses STEAM and World Language
- Addressing class size issues at CHS and providing program alternatives to "studies" at GMS
- Addressing support for social and emotional learning needs
- Curriculum and instructional coaches
- Addressing materials, equipment and professional development needs
- Adding administrative support for the state mandated legal and human resource requirements

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## FY17 Free Full Day Kindergarten Funds

- School Committee requested \$495,000 to convert kindergarten to tuition free full day program
- FinCom supported request with a vote on Monday, March 21, 2016
- Final vote will be made during town meeting in May 2016
- If town meeting supports request, kindergarten will be free for Canton families beginning in September 2016

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## Comprehensive Facilities Assessment and Master Plan

- School Committee requested \$250,000 for a Comprehensive Facilities Assessment and Master Plan.
- The plan will have a professional firm:
  - Review all past studies and undertakings;
  - Evaluate the condition of current buildings;
  - Come up with multiple options for moving district forward in near and long term.
- The request was presented to FinCom twice and the amount approved was \$155,000.
- Final vote will be made during town meeting in May 2016. If town meeting supports request, bid process will begin in summer 2016.

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## FY17 Capital Budget Requests

- School Committee requests capital from town meeting for larger purchases and building projects
- Two types of capital:
  - Cash Capital
  - Long Term Debt Capital (“LTD”)

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## FY17 Cash Capital Request Highlights

- Building Repairs & Improvement- \$220,511
- Technology- \$131,209
- Program Improvement- \$116,867
- Furniture & Fixtures- \$71,693
- Vehicle Replacement- \$69,770
- Extraordinary Maintenance- \$19,950

Total Cash Capital Request - \$600,000

- Cash Capital requests have been reviewed and supported by the Capital Planning Committee and the Finance Committee.

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## FY17 Long Term Debt Capital Request Highlights

- Memorial Field Turf and Track Replacement - \$610,000
- District-Wide Telephone and Voicemail System Upgrade/Replacement - \$258,000

Total Long Term Debt Capital Request - \$868,000

- LTD Capital requests have been reviewed and supported by the Capital Planning Committee and the Finance Committee.

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## Next Step

- Annual Town Meeting - Monday, May 9th

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DR. ARTHUR TRACEY CABOT TRUST FUND

	FY06	FY07	FY08	FY09	FY10	FY11	FY12	FY13	FY14	FY15	REQUEST FY 16	SUPT Recommend
Canton Recreation-Dolphin Sum. Swim Team	\$325	\$750	\$500	\$1,000	\$795	\$623	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000
Canton Youth Basketball	\$894	\$1,500	\$2,000	\$2,000	\$1,590	\$1,558	\$2,000	\$2,000	\$2,000	\$2,280	\$3,000	\$3,000
Canton Recreation-Pequitside Day Camp							\$500	\$500	\$500			
Canton Recreation-Summer Playground Pgm							\$2,000	\$2,000	\$2,000			
Canton Recreation-M.E.A.N. Girls*							\$500	\$500	\$500		\$800	\$800
Canton Recreation-Archery												
Canton Recreation-Youth Leadership Institute	\$809	\$900	\$1,000	\$1,000	\$795	\$748	\$1,500	\$1,500	\$1,500	\$1,900	\$1,000	\$1,000
CFA-Pop Warner-Football & Cheerleading	\$1,525	\$2,000	\$2,000	\$2,000	\$1,590	\$1,246	\$1,500	\$1,500	\$1,500	\$1,140	\$500	\$500
Canton Little League & Girls Softball	\$325	\$500	\$500	\$500	\$398	\$312	\$500	\$500	\$500	\$380	\$500	\$500
BSA Cub Scouts Pack 77	\$1,525	\$1,000	\$1,000	\$1,000	\$0	\$0	\$500	\$500	\$500	\$380	\$500	\$500
Canton Youth Soccer Assoc.	\$1,042	\$1,200	\$1,200	\$1,200	\$954	\$623	\$1,000	\$1,000	\$1,000	\$760	\$1,000	\$1,000
Canton Youth Hockey Assoc.	\$325	\$450	\$500	\$1,000	\$1,590	\$1,245	\$1,500	\$1,500	\$1,500	\$1,140	\$1,000	\$1,000
BSA Boy Scouts Troop #77	\$305	\$350	\$350	\$350	\$278	\$312	\$500	\$500	\$500			
Canton Youth Lacrosse	\$0	\$0	\$0	\$1,470	\$1,169	\$936	\$477	\$477	\$623	\$570	\$570	\$570
Canton Public Schools Wellness Department	\$0	\$0	\$0	\$1,000	\$795	\$623	\$623	\$623	\$825	\$741	\$600	\$800
CHS Athletics	\$0	\$0	\$0	\$500	\$398	\$312	\$825	\$825	\$800	\$684	\$594	\$594
Canton Academy	\$0	\$0	\$0	\$500	\$398	\$623	\$800	\$500	\$500		\$1,052	\$1,052
Dean S. Luce CAPT Fun Run	\$325	\$350	\$350	\$350	\$0	\$374	\$450	\$450	\$450	\$342	\$342	\$342
Hansen CAPT Fitness Program	\$0	\$0	\$750	\$0	\$0	\$0	\$370	\$370		\$951		
JFK CAPT-Playground												
Canton American Legion Baseball												
6th Grade Comm. Problem Solvers												
Susan Lipton Memorial Fund												
<b>TOTALS</b>	<b>\$7,400</b>	<b>\$9,000</b>	<b>\$10,150</b>	<b>\$12,370</b>	<b>\$10,750</b>	<b>\$9,535</b>	<b>\$13,545</b>	<b>\$15,045</b>	<b>\$14,149</b>	<b>\$11,040</b>	<b>\$11,158</b>	<b>\$11,158</b>

\*will be a reimbursement grant based on confirmed enrollment

FY 2016 TOTAL AVAILABLE: \$11,158.00  
according to YTD Budget report generated 2/28/16

# CANTON PUBLIC SCHOOLS

Jennifer A. Henderson  
*Interim Superintendent of Schools*



Debra L. Bromfield  
*Director of Student Services*

Jayne A. Moore  
*Interim Director of Curriculum  
and Instruction*

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Barry S. Nectow  
*School Business Administrator*

**To develop students who are competent and creative thinkers, curious and confident learners, and compassionate citizens.**

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February 11, 2016

To Whom It May Concern:

Enclosed you will find a copy of an excerpt from the will of Dr. Arthur Tracy Cabot and an application form with a deadline of March 14, 2016 for your organization to apply for the Cabot Fund.

Please complete and return the form to my office on or before the deadline. Unfortunately, we cannot accept late applications.

The School Committee will vote on the Cabot Fund awards at their meeting of April 7, 2016.

Sincerely,

A handwritten signature in black ink, appearing to read 'Barry S. Nectow', written over a horizontal line.

Barry S. Nectow  
Business Administrator

MMG  
Enc.

EXCERPTS FROM THE WILL OF

DR. ARTHUR TRACY CABOT

Pertinent parts of which read as follows:

"After the death of my wife, I direct my Trustees to distribute the principal of said trust as follows:

Paragraph 15 to pay to the Old Colony Trust Company of Boston the sum of Thirty Thousand (\$30,000) dollars to be held by said Trust Company in the following trust, namely, to pay the income thereof annually to the Treasurer of the Town of Canton, in the County of Norfolk and Commonwealth of Massachusetts, to be expended by said Treasurer under the direction of the School Committee of said Town of Canton to promote healthy out-of-door life among the children of said Town."

The widow of Dr. Arthur Tracy Cabot died 06 November 1944.