



Franklin Public Schools

School Wellness Advisory Council ~ 2019 End of Year Summary

(2-minute read)

Submitted by Lucas Giguere, Assistant Superintendent of Schools

The Franklin Public Schools [School Wellness Advisory Council](#) (SWAC) completed another productive year since its inception in 2013. We had representation from students, parents, FPS staff, community partners, School Committee members, and administrators from across the district.

We remained focused on supporting the following mission:

The Franklin School Wellness Advisory Council has been established to recommend, review, and help implement school district policies addressing school nutrition, nutrition education, physical activity, and related issues that affect student health.



This year the SWAC focused on creating equitable opportunities for all students across schools and grade levels through the expansion of programs. As a result, we are proud to report that we met the following goals this year:

1. Expanded the [Weekend Food Backpack Program](#) to include all six elementary schools and ECDC.
2. Expanded the Morning Breakfast Program to include all schools (K-12).

Nutrition

In an exciting development this year, our Food Service Director obtained approval from the Franklin Board of Health to serve the vegetables grown in our school gardens for lunch. As a result, we expanded the Franklin School Garden Project, which includes raised beds and hydroponic gardens across multiple schools. Also, we partnered with some of our local gardeners, farmers, and farming suppliers who generously offered to provide seed donations, gardening supplies, and knowledge from their own experience. We want to thank Fairmount Farm, Franklin Agway, the Franklin Garden Club, and the [Franklin Community Gardens](#) for their support. We plan to continue this goal in collaboration with our community members next year.

Physical Activity

We expanded our morning physical activity opportunities for student participation into four of our elementary schools with Morning Movement, Rise and Shine Yoga and Running Club. We have collaborated with the [Franklin Lifelong Learning Institute](#) by posting the Morning Movement coordinator positions at each elementary school which will continue in the 2019-2020 school year. Our goal is to expand this initiative across all six elementary schools.

Mental Health

For the first time this year, we partnered with the Medway Public Schools to offer a presentation of [The Well-Balanced Student](#) on two occasions for families and their children in grades K-8 and 9-12 in November and January, respectively. Both events were well-received by the attendees. One of our student representatives led an initiative to bring awareness to invisible disabilities and plans to present to middle school students during our 2020 Wellness week.

I want to thank our students, staff, and community members who volunteered their time. Together, we accomplished many goals, and I look forward to the future of the School Wellness Advisory Council.