

WELLNESS AT BHS

2/26/24

WELLNESS CREDIT AT BHS

Students earn wellness credit at BHS by

- Taking a BHS Wellness Course offered by a licensed educator
- Participating and completing a BHS Interscholastic Sport monitored by a Public Schools of Brookline Coach and Athletic Director
- A few students each year have earned credit through an “After School Physical Activity Contract” however, these contracts are difficult to obtain based on the eligibility criteria.
 - Example of the current after school physical activity contract

RATIONALE TO PHASE OUT AFTER SCHOOL PHYSICAL ACTIVITY CONTRACTS

- After-school physical activity contracts contribute to systemic patterns of **inequitable access** for students of color and low socioeconomic level.
- After-school physical activity contracts are not aligned with the **MA Physical Education law and requirements**
 - Physical activity is not Physical Education
 - DESE recommends that Physical Education should be part of a student's 990 hours of structured learning time
 - After-school contract activities are not aligned with the [MA DESE Frameworks](#)
 - After-school contract activities do not include Physical Education curricula.
 - After-school contract activities are not taught by certified Physical Education teachers as required by [PSB Wellness Policy](#) (2-1-24)
- After-school contracts **perpetuate myths and misunderstandings about the importance of Physical Education and Wellness Education** for all students.

ADDITIONAL INFORMATION

- Other subject areas do not offer outside contracts/substitutions for credit.
 - Private music lessons do not replace performing arts credit
 - Publishing a book would not exempt students from English class
- Lack of accountability, limited touchpoints with BHS staff
- Creates confusion
- Out of step with other districts
- Declining participation

2017-2018	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024
30	11	6	7	1	3	2

DO OTHER SCHOOL DISTRICTS OFFER SIMILAR AFTER SCHOOL CONTRACTS?

School	After School Physical Activity Contract	Sports Contract at their School
Wellesley	No	No
Arlington	No	No
Lexington	No	No
Cambridge	No	Yes
Needham	No	No
Newton	No	No
Wayland	No	No
Weston	No	Yes (11th/12th)

CONTEXT: NATIONAL AND STATE GUIDANCE/LAWS

- US Dept. of Health and Human Services Center for Disease Control and Prevention
 - National Guidance for Physical Education
 - Do Not permit schools/districts to apply for a waiver from state physical education requirements and do not allow students to apply for an exemption from required physical education or credit (CDC, 2020)
- Commonwealth of Massachusetts General Laws
 - Part 1 Title XII Chapter 71 Section 3- Physical Education
 - Physical Education shall be taught as a required subject in all grades for all students in the public schools for the purpose of promoting physical well-being of such students.