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TO: All Media

FROM: Pat Raynor, Public Information Officer

100% of Dorchester District Two schools celebrate wellness

All 22 school sites in Dorchester School District Two participated in the MUSC Boeing Center for Children's Wellness program for the second consecutive year, and schools celebrated their successes on Thursday with a Wellness Achievement Celebration sponsored by MUSC and Boeing. The district is the only school system participating in this statewide program to have 100% participation by its schools. In addition, every school's wellness program successfully met the wellness qualifications to receive a \$1,000 wellness achievement award from Boeing. Schools will use these funds for continuing and expanding school wellness programs for next school year.

Carolyn Lindstrom, program coordinator for the MUSC Boeing Center for Children's Wellness, announced Dorchester School District Two is the only district in the state to have 100% of its schools complete the program's school health plan. "The schools in this district have achieved some incredible things in their third year participating in the program," said Lindstrom.

Oakbrook Middle School was named the grand winner of the Wellness Achievement Award at today's program in recognition of their comprehensive wellness initiatives this year for students and staff. Their wellness program included a school garden tended by students that provided vegetables for the cafeteria; active sports programs and fitness programs were promoted for students and staff; and school counselors organized Yoga classes for students and staff to alleviate stress. As the top winner, the school received an additional \$2,000 for their wellness program. Flowertown Elementary and Gregg Middle School were named as runner-up schools for their outstanding health and wellness programs this year.

This program, created five years ago, is made possible through a partnership that includes MUSC, DHEC, and Boeing. The formula for success by the MUSC Boeing Center for Children's Wellness is simple and costs the taxpayer nothing. The goal is to create a wellness culture for students and adults. The program encourages physical movement, healthy eating and drinking, and a more sustainable school environment. A successful school wellness program includes three major components:

- First, schools must have active wellness committees.
- Second, they follow a checklist of evidence-based health initiatives, which serves as a framework or template for progress, over the school year and aim to score enough points from the checklist to qualify for year-end \$1,000 awards from Boeing.
- Third, it urges local doctors to "adopt" a school and to serve on its wellness committee, providing expertise and skills to the school.

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