

What's so special about Wellness in Canton?...Glad you asked!

The Canton Wellness Department is getting a good amount of attention in the Metrowest region and across the state these days, but why? As the K-12 Wellness Coordinator for Canton Public Schools, one of my goals is to help offer the BEST comprehensive educational opportunities we can for our children. The Elementary Health teachers have worked hard the past few years to build an aligned and exciting K-5 curriculum. As we all know, there is a mountain of information that can be explored in Health class! It is important that our children are prepared for the upcoming cognitive, physical, and social/emotional challenges (just to name a few) that they will face as they continue to grow and ultimately become productive young adults. The Health teachers have been constantly collaborating to make sure we are teaching pertinent topics at all three elementary schools in exciting ways. We want Health class to be interactive and fun! It is vital that every student, regardless of what school they attend, enters GMS with very similar information and resources. We are very fortunate to have such dedicated Health teachers in our elementary schools.

Health Class is incredibly important at every grade level, but especially so at the elementary levels. So much is happening and changing in our children as they transform from “little” kindergarteners into “big” fifth graders ready to jump in to middle school and adolescence. They grow fast don't they? It's daunting to consider all the situations that our kids face regarding everyday issues, such as: “body basics,” activity & fitness, nutrition, safety awareness, respect, resiliency, responsibility, decision-making, diversity, sickness/disease prevention and self-esteem. These topics inevitably throw “curve balls” to our kids on a daily basis regarding personal, family and community health. Our children require information and skills to make good choices. They need to learn age-appropriate information, which is why we sequence our curriculum. In our K-5 programming the Health teachers work on age, grade, and developmentally appropriate subjects that are not typically covered in other classes. I like to tell my students during the first few days of Health class that we will get to talk about unusual, difficult, and fun things in this class. That usually peaks their interest immediately.

Ultimately our goal is to teach information, understanding, appreciation, and most importantly the SKILLS needed to promote, encourage and maintain personal Wellness for every student in Canton! We want our children to grow up with the necessary tools to be able to build a happy and healthy “mind and body,” so that they can successfully pursue their goals and dreams. Canton is committed to excellence and it shows!

Thanks so much for your support in “Keeping Canton Children Healthy,”

Peter Boucher, K-12 Wellness Coordinator

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