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For Immediate Release

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BART to Expand School-wide Approach to Health and Wellness with Aid of Barrett Fund Grant

ADAMS, Ma – Berkshire Arts & Technology Charter Public School (BART) received a \$7,000 grant from the William J. and Margery S. Barrett Fund at the end of December to expand the school's health and wellness program based on the Massachusetts Curriculum Frameworks.

While BART currently provides students with wellness classes focused on lifelong physical fitness, the school will use the grant money to augment its existing health curriculum. BART teachers will work with the school's counselor and local health experts to identify topics of greatest importance to the student body. In addition, the grant will fund professional development workshops and a health and wellness library.

"We are thrilled to receive support from the William J. and Margery S. Barrett Fund to support this initiative," said Julia Bowen, executive director at BART. "The health and wellness of our student body is of utmost importance to us."

BART Principal Ben Klompus, the school's two health and fitness instructors, and the school's counselor mapped out three areas of need after a comprehensive review of the current curriculum:

- To expand and enhance school-based health and wellness curriculum in order to build protective factors and mitigate risk factors among all students;
- To provide BART health and fitness teachers with additional training and resources to deliver the enhanced curriculum; and
- To support and educate families and care givers around health and wellness issues that support healthy and safe lifestyle choices

Principal Klompus noted, "Evidence supports the impact of school-based health education programs in contributing to a student's choice to adopt healthy behaviors. We need to expand this program so that our students practice healthy behaviors in college and beyond."

BART is a nationally recognized, award-winning, tuition-free public middle and high school focused on preparing students for college. One hundred percent of BART's graduates have passed a college course and have been accepted into college prior to graduation. BART does not discriminate on the basis of race, color, religion, sex, national origin, disability or sexual orientation.