

Curtis Health and Wellness Outdoor Space

Presentation to the Community Preservation Committee

December 21, 2022



The Project Overview

The goal of this project is to create an inclusive and enhanced outdoor space at the Curtis Middle School. This safe and accessible outdoor space would promote social connection and address the emotional and physical needs of 850 middle school students, as well as the broader community.

The current outdoor space does not serve the needs of all students. The space has basketball hoops, fields, and limited seating. We are proposing to enrich the space with equipment to provide opportunities for more student engagement and physical challenge.

The design will incorporate additional tables and benches to promote social connection and will allow friends to gather. This project advances district and town equity goals, aligns with the Americans with Disabilities Act (ADA), and is in concert with Sudbury's ADA Self-Assessment and Transition Plan.



The Rationale

Providing a safe, inclusive, and welcoming outdoor space to benefit the health and wellness of our community at Curtis Middle School is a priority of the Sudbury Public Schools (SPS).

We are committed to supporting student growth, both academically, physically, and socially. This project provides opportunities for students and other community members to engage in activities that build relationships, relieve stress, and enhance physical skills.

The project supports the district's commitment to physical recreation and mental health, and represents progress toward goals identified in students' responses to the School Connectedness Survey. This project also provides a level of parity with recent elementary projects.



Mental Health and Social Emotional Needs Data

According to recent research through CDC:

37% of youth experienced poor mental health during COVID.

44% of youth have experienced persistent sadness and hopelessness for the past 12 months.

39% of children ages 6-16 had demonstrated a deterioration in their mental health.

40% of adults have reported their struggle with mental health or substance abuse.

* For more information, visit cdc.gov/nchhstp/newsroom.



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

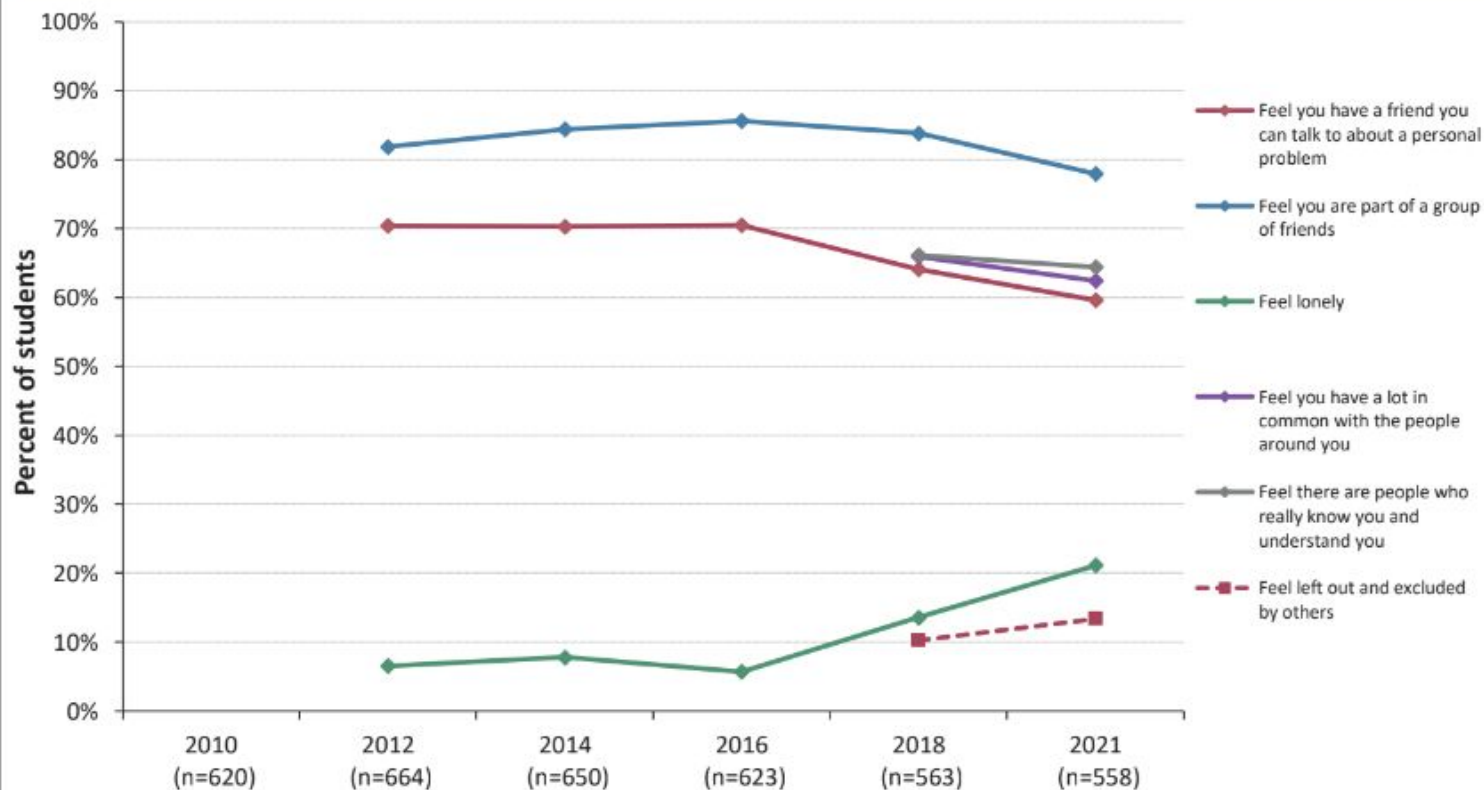


MetroWest Adolescent Health Survey

Mental Health and
Social Emotional
Learning Data

A safe place to
make
connections and
engage with
peers is
important for our
youth.

Figure 7-6C. Peer Support*, 2010-2021
Curtis Middle School, Sudbury (Grades 7-8)
MetroWest Adolescent Health Survey



* Student responded "often" or "very often"

Protective Factors of Outdoor Play

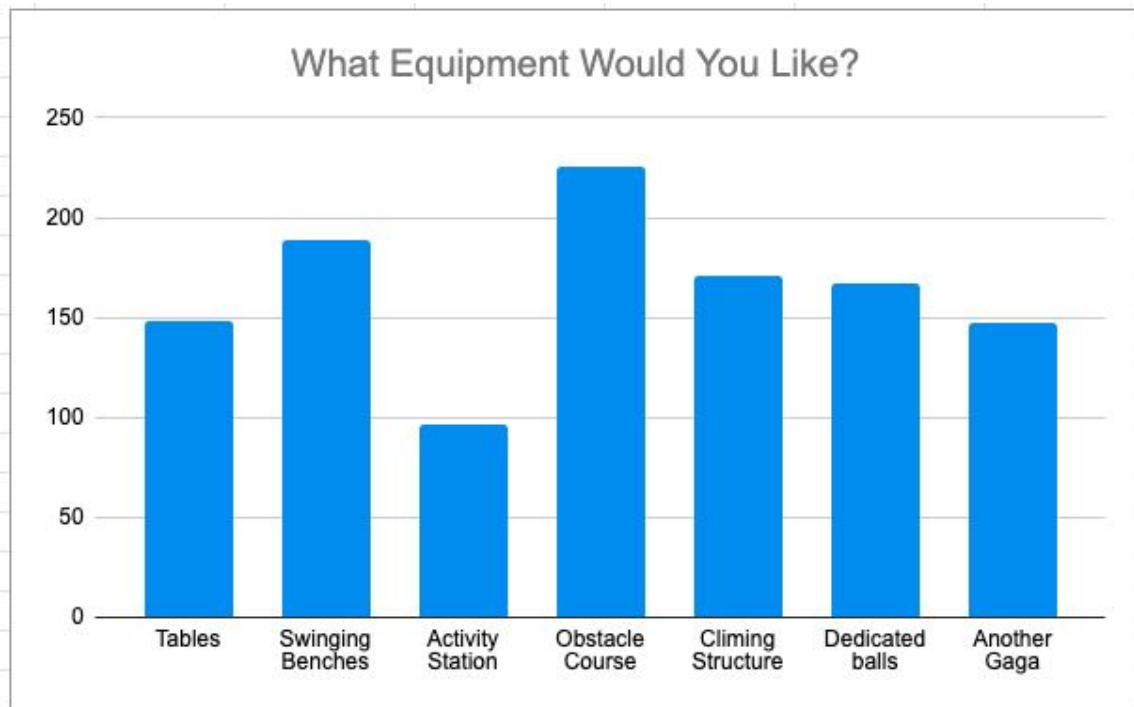
“Connections between physical activity and exposure to nature demonstrate that these two factors work synergistically to provide greater positive impacts on physical and mental health than physical activity alone, highlighting the potential benefits of adolescent outdoor activities that incorporate physical activity in the form of outdoor play.”

~Jackson, Stevenson, Larson, Peterson, Seekamp: 2021 Mar; 18(5): 2506 National Institute of Health

- bolster adolescent's resilience to environmental stressors, including those associated with COVID-19
- provide adolescents with an opportunity to engage in physical fitness, which plays an important role in maintaining physical and mental well-being
- play a pivotal role in the development and maintenance of social capital and cohesion, which can influence mental health for both adolescents and adults

*National Institute of Health: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7967628/>

Survey Results - Curtis Community



The Curtis community shared very positive responses to this idea. With Over 200 responses, we heard voices of students and families.



Survey Results - Student & Community Voice

"It engages kids who want to be social or those who need some time to just be."

"It should be a place where you don't feel out of place, like there's nothing to do."

"I think maybe a small playground because I literally just stand there at recess and wait for it to be over."

"JUST SOMETHING TO HELP GET EVERYONE TO DO SOMETHING, AND EVEN TO MEET NEW PEOPLE."

"That can benefit students who want to be active but ALSO students who don't."

"A place where all kids want to be... something for everyone."



Proposed Location for Outdoor Wellness Area



*This location will not impact field usage.



Curtis Proposal, \$480,000



- ADA Pathway
- Obstacle Course
- Climber
- Spinner
- Swinging Benches
- Tables (Including Chess)



Curtis Proposal, \$480,000



Budget

ESTIMATE - OCT 2022	
Equipment and Freight	\$ 166,800.00
Installation and Site Prep	\$ 122,000.00
Surfacing and Accessible Pathway	\$ 124,000.00
SubTotal	\$ 412,800.00
Contingency (14%)	\$ 67,200.00
TOTAL	\$ 480,000.00



Fund Reversion

CPC Balance Remaining from Nixon Playground: \$25,059.40

Project was completed in August 2020.

District is requesting consideration of these funds to be used for this project.

Comparable Projects

- **Haynes Elementary** - approximately \$275,000
 - 371 Students
 - Preserved several large structures
- **Noyes Elementary** - approximately \$415,000
 - 590 Students
 - Includes and area for the Pre-School
- **Nixon Elementary** - approximately \$325,000
 - 326 Students
 - Preserved a large structure
- **Loring Elementary** - approximately \$335,000
 - 425 Students
 - Two separate play areas

This project's costs are comparable with the previous SPS outdoor recreation projects.

Curtis Middle School currently has 850 students, more than double of the students at several of the other elementary schools.

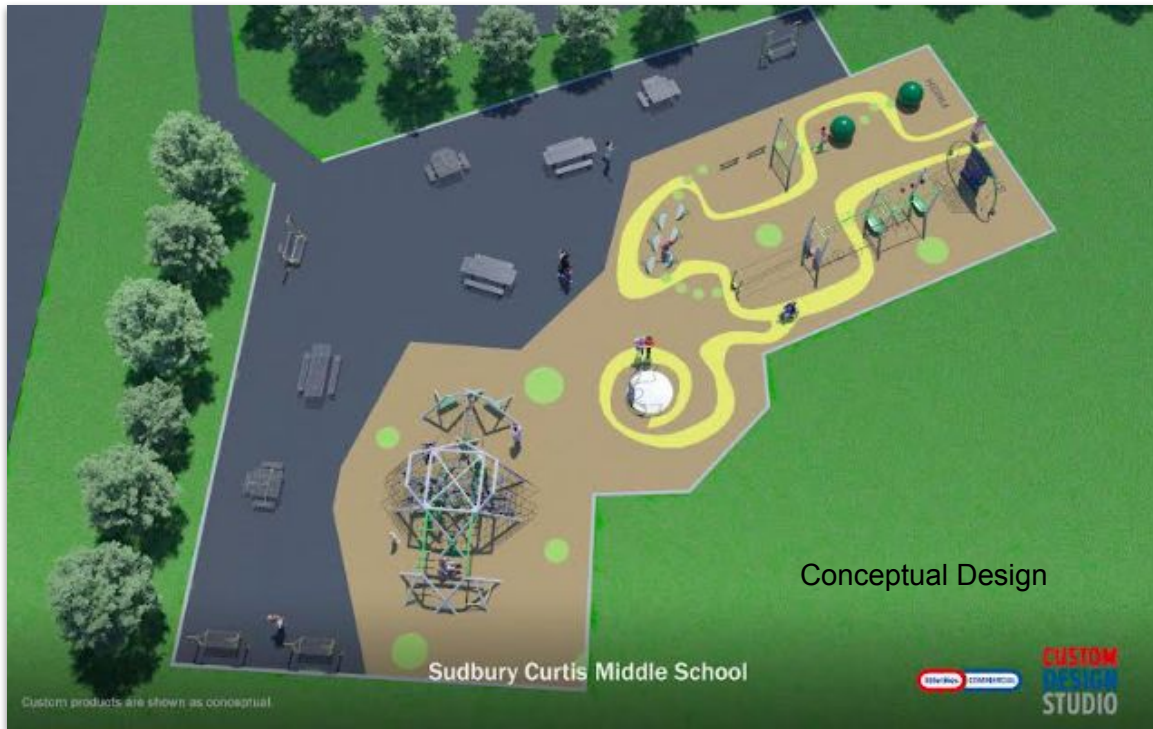


Successful Comparable Projects





The Curtis Outdoor Health & Wellness Space



Planning for an outdoor recreation space in Fall of 2023!

Thank you!

