

## Edward M. Kennedy Academy for Health Careers

**Principal: Caren Walker Gregory**

Located on the Northeastern University campus, the Edward M. Kennedy Academy for Health Careers has health and wellness at the heart of its mission. Students are exposed to careers in healthcare, and dedicate more than double the state-recommended time to health education. Physical Education was identified as an area for improvement, and they now make sure that each student is enrolled and attending two hours per week of Physical Education classes. The school community is happy to have a new track team this year and continues to promote boys and girls basketball teams, dance and cheerleading. All of these programs are meant to get the students moving!

Massachusetts General Hospital and Brigham and Women's Hospital collaborate with the Kennedy Academy. Students work at the hospitals during the school year and over the summer, and are mentored by hospital staff. The students have a wonderful opportunity to experience firsthand a variety of health career options.



Students at the Academy have the option of leaving the campus for lunch. "That means there are a lot of unhealthy options available to them," comments Kristin Driscoll, Health Engagement Coordinator. As a result, the Academy works hard to provide a lot of nutrition information and teach students how to make healthy food choices. Vending has been eliminated and fundraising efforts no longer include bake sales. Tenth grade students have a unit taught by a registered dietitian, who teaches them about the nutritional composition of foods, tracking their intake, and understanding their body mass index (BMI).

The Kennedy Academy participates in *The 84*, a youth membership organization to stop tobacco use. Peer leaders presented quotes from the big tobacco companies to students in each of the advisories in grades 10-12 to educate them about the marketing strategies used to target youth. This March, students visited the State House to discuss the tobacco industry with lawmakers.

