

Middletown Wellness Month '26



Sponsored by the Middletown Prevention Coalition

School-Based Programs



Forest Avenue & Aquidneck School

How Can I Be Kind Today • Elementary Schools' Assemblies with Greg Lato

Award-winning children's music artist, author and songwriter Greg Lato will present programs designed to promote health, wellness, and connection by teaching kids to care for themselves and others, building both well-being and strong social bonds.

Aquidneck School – March 18 – 9:15am – Grades 2-3 • 10am preK-Grade 1

Forest Avenue School – March 20 – 9:15am – preK-Grade 1 • 10:15am – Grades 2-3



Gaudet Learning Academy

Health & Wellness Poster Contest sponsored by Gaudet Middle School

Islanders Committed

Gaudet Islanders Committed members are sponsoring a Health & Wellness Poster Contest for grades 4 and 5. The contest focuses on promoting healthy habits, mental well-being and positive choices through creative art. Homeroom teachers will distribute the contest guidelines. Contest information will also be sent home to parents. Islanders Committed will choose the winners and provide prizes to grades 4 and 5 winners.



Gaudet Middle School

Community Dodgeball Tournament sponsored by the Gaudet Islanders Committed Youth Committee

The culmination to Middletown Wellness Month is a fun, friendly dodgeball competition between the Gaudet Middle School students, teachers and caring adults to enhance community connections. Registration information on Dodgeball Tournament flyer with event details at middletownri.gov/mpc.

April 10

Gaudet Gym, 223 Turner Road Entrance

Middle School Division – 3-4:30pm • Adult Division – 5pm • Playoffs to follow

Student registration/parent permission forms and flyers in Gaudet main office.

School-Based Programs



Middletown High School

Mental Health First Aid – Teen Module (tMHFA)

Young people often turn to each other when stressed or upset and try to help, sometimes taking on too much. tMHFA teaches them they don't have to take these problems on alone. tMHFA's evidence-based training teaches teens in Grades 9-12 how to identify, understand, and respond to signs of mental health and substance use challenges. The training gives teens the skills they need to have supportive conversations with their friends and emphasizes the importance of getting help from a responsible and trusted adult. An information sheet, *What Parents/Guardians Need to Know*, will be sent home with further details.

March 10 – Advisory – 8:40-9:10am – Information Session for Students

Session 1 – March 30 – 8:40-10:30am

Session 2 – April 13 – 8:40-10:30am

Session 3 – May 19 – 7:20-9:10am



Self-Defense for Girls Lacrosse

A three-part series self-defense program for the Middletown High School girls lacrosse team, facilitated by Newport Martial Arts. Beginning in March and continuing through the Spring, this series will empower students with practical self-defense skills, build self-confidence, foster mental discipline and provide stress relief.

March 12 – 6pm – Newport Martial Arts

April 21 – 11am – Gaudet Field

May 14 – 3:30pm – Gaudet Field



MPS Adult Programs

Mental Health First Aid (MHFA) – Teachers, School Staff, Parents, Adults Working with Youth

Mental Health First Aid teaches adults how to identify, understand, and respond to signs of mental health and substance use challenges in children/youth and connect students who are struggling with resources. Teachers/School staff register in the My Learning Plan District Catalog.

Session 1 – March 30 & 31 – 2-5pm – MHS

Session 2 – April 6 & 13 – 3:30-6:30pm – Oliphant Administration

Session 3 – May 11 & 18 – 5-8pm – MHS

Parents and other adults, scan qr-code on right or [sign up here](#).



Restorative Teas for Teachers - March 2-23

Movement Nutrition, a local Middletown business, will provide their nutrition-rich teas to MPS teachers and school staff in appreciation for their commitment to our students. These teas will be offered at each Middletown School. Announcements and/or emails will provide information regarding location.

March 2 – 10-11am – Forest Ave.

March 9 – 10-11am – Aquidneck

March 16 – 10-11am – Gaudet Middle/Learning Academy

March 23 – 2:30pm – MHS

To learn more about the Coalition and our programs and resources in Middletown, visit middletownri.gov/mpc or scan QRC.

