

Greetings Randolph Community,

My name is Tina Cao. I am a Randolph resident and an involved student at Randolph High School. I will be attending my junior year this upcoming fall. This summer, I am also an intern for the Community Wellness Project, in which our goal is to improve the health of the community at large. This week, the week of July 11- July 14, 2022 marks my first week working at the Randolph Town Hall.

This first week holds many informational sessions. On day 1, we had thought about what a healthy Randolph would embody. Through this we had brainstormed ideas and visions and added on to a vision board that was started by the community. Many of the ideas had included healthier options for foods, clean environments and more physical and mental awareness. After this session we were able to learn about the differences of equality, equity and justice. The Randolph community is made up of many different backgrounds, from ethnicity to income and resources. It is important for us to learn this because to help and represent the community we should know *who* our community is. To establish equity, we should be aware that everyone is different with their own needs. Some people are more privileged than others, not everyone is in the same situation another may be in. It is important to know that some people will need more assistance than others in order to reach the same outcome.

Day 2 as an intern for the Community Wellness Project was an independent work day. We were given a task to research and create a PowerPoint presentation of our assigned goals of the Community Wellness Plan in which would be presented to my pairs and supervisors to help them understand the goals. My assigned goals were Food and Parks/Recreation. Through my research I have found that the concerns in Foods is that Randolph is home to a lot of unhealthy food chains, such as many fast food restaurants. This brings concern to the health within Randolph of what residents are consuming. The goal would be to bring in more healthier options as well as culturally represented food. I agree with this suggestion because I feel as though there are so many unhealthy fast food options that it over powers the small amount of healthier options that are available in Crawford Square. However, it should also be known that the fast food places are pretty cheap in comparison to the healthier option. Take into consideration that many Randolph residents are those of lower income. With this cheap option of food they will be more appealed to eat from these unhealthy options rather than the more expensive healthier options. I believe that healthier food should be more affordable, so that everyone can be able to afford these foods that would help with their well being and health. To add to the equity aspect, Randolph residents come from many

different backgrounds and have a high population of immigrant households. Having a better cultural food representation in Randolph could help people become more comfortable.

In terms of Open Spaces, Parks and Recreation, Randolph's biggest concern is that there are not enough parks around the town. I agree with the statement as well because in my research it is brought up that Parks and Recreation Centers are very valued and loved by the community. I for one also love these open places, it's a great space to be able to relax, exercise and socialize; which would improve the quality of life and health. However not everyone has the privilege of a vehicle or a form of transportation, which prevents them from accessing these spaces. Creating places that are more spread out among the town could help allow everyone to have the pleasure of the parks. I believe that no matter where you are in the town you can have access to these public attractions like everyone else.

Continuing with this summer internship experience, there are many more projects in the works. One being the podcast and video that my peers and I will together create for this community. I am very excited to further explore the goals that are in mind for Schools in Randolph. As a student of the Randolph Public Schools since the 3rd grade, I know that positive changes in school are important for the students and staff. Improving the schools should be a great topic that is acknowledged because the students are people that will soon be the future of many work spaces. One specific goal that I am interested in is the social aspect of school. Creating more fun and safe activities would help students open up and feel like they belong. For me, school is quite manageable when there is a support system that you can reach out to, or even a place to relieve stress from work.

Further along, this is one week of the many to come over the summer. I hope you have enjoyed and will be following along with our Community Wellness Project journey.

Regards,

Tina Cao