**WELLNESS COMMITTEE MEETING**

**March 2, 2016**

**PRESENT:**

Mary Ellen Dunn – Deputy Superintendent of Administration and Finance

Tricia Laham – Coordinator of School Health Services (Baker School nurse for 14 years)

Mary Minott – Prevention/Intervention (BHS/BPH) social worker

Lynne Karsten – Director of Community Health

Gloria Rudisch - Director of Child Health Services

Karen Campbell – Brookline Parent Education Network co-coordinator and writer/editor

Teddi Jacobs – BPS Coordinator of Health and PE

Melissa Battite – REC Dept.

Christina Palmer – Director of Guidance and Clinical Services

Erik von Hahn, consultant pediatrician

Heather McMullan – Devotion School Nurse

Natalie Sanfratello – BDPH intern

Kathryna Corpuz – BDPH intern

Jennifer Incarelis – Boston Children’s Fellow

Barbara Westley – Public Health Nurse

**Parent Reps**

Hillary Janowski –Parent (Pierce), nurse

Blanka Bogdanovic – Parent (BHS)

Bettina Neuefeind – Parent (Lawrence) disability rights, wellness/food policy

Youly Diamanti-Karanou – Parent (Baker)

Joanna Messing – Parent (Lincoln) , [jmessing@gmail.com](mailto:jmessing@gmail.com)

Niela Rahman – Parent (Lincoln)

Kim Smith (BHS parent) [smithkc100@gmail.com](mailto:smithkc100@gmail.com)

Niela Rahman (Lincoln)

**Wellness Policy Review**

Progress on Updates -- Beginning process of reviewing and rewriting our **Wellness Policy**. Have three subgroups working on updating:

**Healthy Food: Bettina & Committee** – met weekly for a couple of months, reached out to students, parents faculty, for suggestions, trying to set standard that meets requirements “and then some.” Covered a lot of ground, looked at other models. Put together a PowerPoint presentation for background, info on survey. Everywhere go finding kids want better, healthy food. By end of month, hope to have draft of policy. Still processing input. Vision – “We strive to cultivate a school food environment that values and promotes the health of all students as a critical driver of academic achievement and personal well-being.” Welcome input on the language, content. Basic survey takeaways (over 300 responses from all schools) a lot of food in schools beyond meals – 70% classrooms celebrations involving food, 70% classroom breakfasts, 80% food in fundraising, etc.

Specific points – helpful to include healthy eating guidelines? 92% yes. Tangible snack ideas? Same. Vocal parents at forums about concerns, such as allergy safety. Drafting specific language about that. At forums, presentation includes:

* Breakdown of 5 main goals – astute critical consumers; eat more real, whole food, less processed; decode the packaging; learn to assemble meals and snacks; be aware of food politics and players and interests in food system.
* Food positive school environment with an eye to availability of healthy food, modeling good eating habits, conscious marketing, embracing different food cultures and supporting range of food choices. Room here to do more outreach.
* Food literacy and experiential learning, evidence based nutrition education, tie ins to curriculum, school gardens, cooking instruction, farm to school programs and field trips.
* Meal program access and participation – 2/3 of kids don’t buy school meals at all.
* Need to address long lines, time to eat, more vegetarian options, fresher food/made to order options/deli, better labeling.
* Food allergies – don’t have uniform practice, want something throughout schools, like no nuts in any classroom. Peanut butter? Limit classroom celebrations, no food as reward, food in curriculum talked about with nurse, really tightening policies, Have guidelines now, but like to have enforceable language. Encouraging teachers to order bag lunches for food trips – Wellness Policy applies to field trips as well. Still need to promote varied eating and exposure to encourage wide, balanced tastes.

Committee sees this as a real opportunity to add value for our students. To see full presentation, [click here](http://brooklinewellness.weebly.com/uploads/2/9/2/9/2929884/presentationwellness_policy_forums_final.pdf). For Community Forum Feedback, [click here](http://brooklinewellness.weebly.com/uploads/2/9/2/9/2929884/foodnutritionpolicycommunityandstudentnotes.pdf).

**Mental Health: Mary** -- have had several meetings and formed a draft insertion for the new Wellness Policy. Once we’ve gotten approval by key folks, will bring to all for suggestions.

**Physical Activity: Teddi** – draft of the activity portion ([Click here](http://brooklinewellness.weebly.com/uploads/2/9/2/9/2929884/draft-physical_activity_portion_of_wellness_policy.pdf) for details.) Key ideas:

* Daily PE K-12 – state recommends every day, every year
* Daily recess – at least 20 minutes, preferably out doors, with moderate to vigorous activity
* Physical activity opportunities before, during and after school – integrate into lessons, activity bursts, etc., to raise heart rate, activate the brain. (Could add info about Rec Dept. as major resource)
* No physical activity as punishment
* Health education – lifelong wellness practices, reinforce positive behaviors. Comprehensive health 7-9, but should go through 12th grade. Should also work toward having all licensed health teachers.

Remarks: Mary Ellen is surprised no health and wellness department in Brookline schools. Hope to remedy going forward. Erik has IEP for help that includes sleep as primary recommendation. Gloria says starting school later could be re-addressed.

**Deputy Superintendent of Administration and Finance Mary Ellen Dunn** – meal policy and school lunch program being reviewed, but need to find replacement for Alden as Food Service director and perhaps hire food service company, though not privatizing. Whole structure being reviewed. Key to success is leadership and higher level planning.

**Committee Reports/Updates**

**Guidance Department: Christina** – K-8 continuing to work on curriculum, focusing on implementation, collaboration (health, wellness curriculums in various schools). Many k-8 guidance counselors have bought into curriculum and looking to take workshops and implement curriculum with grade level teachers. Created library for each grade level, and will talk with schools to find out how integrating into classroom. Sharing ideas (like LBGTQ group at Driscoll). In May, principals will come to meeting to share curriculum and brainstorm ways to implement tailored to each school. Looking at summer opportunities for further development. Met with HS guidance to share what k-8 doing, transition to HS. A lot of enthusiasm, exciting. All about wellness and developing coping skills. Will share with extended day, parents, and others for transparency.

**Health Department: Lynne, Barbara Westley** – highlights of National Public Health Week. ([Click here for calendar](http://brooklinewellness.weebly.com/uploads/2/9/2/9/2929884/nphw_2016_calendar.pdf).) A lot planned throughout schools and community. Lynne really excited about [*Girls Night Out*](http://brooklinewellness.weebly.com/uploads/2/9/2/9/2929884/girls_night_out_flyer_final.pdf), free, have a bunch of local talents performing, advocating for women’s mental health, come out and chill.

**Recreation Department: Melissa** – Winter Book is out, offering family nutrition opportunities. Summer Guide is out with a lot of opportunities for work and safe healthy activities. Started road shows to different groups about opportunities through the Rec department.

**BCASA/BPEN: Mary, Karen** – Parent campaign for “Text Less/Live More” in PTO BLASTs to tie in with what kids are doing. On April 26, presentation on student health survey for all 6-8 parents, with panel of guidance, Peer Leaders, health, police. March 21-24 is “Wellness Week” at BHS, with a series of assemblies and events that reinforce the importance of healthy habits. Events focus on practicing good mental health through proper sleep, nutrition, exercise, relaxation, connecting with others, and recognizing when we need to slow down. Students also will learn the warning signs of mental health issues and substance abuse and will be given resources to find support if they or their friends need it.

**School Health: Tricia** – nurses are doing great job keeping kids healthy and in class, are very busy. Working on awareness of opioid crisis, hope to have Narcan in all schools (could be for teacher or parent). Formed subgroup for reaching out to pediatricians.

**Parent/Community**– Question -- Is system dealing at all with cliques in schools? Should bring up with Christina and school guidance, should fit into Olweus protocol, lunch groups. Need to keep parents informed. Often times kids don’t have practical skills, overwhelmed. Can we better educate them?

**Next Meeting: May 4, 2016**