**WELLNESS COMMITTEE MEETING NOTES March 8, 2017**

**BROOKLINE TOWN HALL ROOM 111**

**CO-CHAIRS:** TRICIA LAHAM, MARY MINOTT

**Present** – Erik von Hahn, Gloria Rudisch, Betsey Dalbeck, Kim Smith, Elvira Perez, Donna Pertel, Blanka Bogdanovic, Sara Nelson, Christina Palmer, Tina Bozeman, Chris Chanyasulkit, June Harris, Karen Campbell, Youly Diamanti-Karanou, Sam Zimmerman, Lynne Karsten, Kathy Pedderle

**WELCOME**

Working two years to update policy. Samuel Zimmerman, new Deputy Superintendent of Student Services (OSS), says special ed and medical heavily regulated in terms of DESE policies. When came on in July, got caught up – bullying and substance abuse most concerning. He will help oversee Wellness Policy Update. Substantial effort, but length as stands now is confusing. Procedural directive pieces can’t be put into Wellness Policy, that’s charge of the district's Senior leadership with guidance from the Office of Administration and Finance and Student Services. Updated Narcon and Substance Abuse policies were completed with Tricia Laham and passed by School Committee earlier this year. Would like to invite smaller group representing health, fitness, nutrition, etc. to craft 4-5 page policy of core beliefs.  Get feedback from community as to how best spell out things most clearly. Two more meetings with Dr. Jackson and school committee policy sub committee to address any outstanding policy updates including the Wellness Policy.  OSS would like the Wellness Policy to go into student registration packet. People should email Samuel if want to be involved in small committee representing respective groups –[Samuel\_Zimmerman@psbma.com](mailto:Samuel_Zimmerman@psbma.com" \t "_blank) Perhaps have primary committee and subcommittee? Now need to take policy and cut into new document, reformat and outline with big bullets, take administrative stuff out. Label procedural material as addendum.  (He will cover multicultural and special education.)  Bring back to group for approval, maybe Google docs. Finished by June 2017, and ready for the upcoming school year. First meeting with core directors will be March 17th and March 20th. Can work piecemeal, a few committees at a time. Final draft needs to go to subcommittee April 5. School committee must have time to address policy including time for public comment. Will send out call to full committee for anyone who might be interested to help this move forward.

(Question - Could we clarify policy to help schools communicate with health care community around common issues? Finished policy could help kickstart conversation.)

**Committee Reports**

**Food Services: Matt Gillis; Teresa Vidette** – not present

**Health/Physical Education: Tina Bozeman** – End of month k-8 PE development training on SPARK, all schools had curriculum but not training on implementation. Want to make curriculum more effective. Applied for BEF grant for improving assessment practices, more authentic, current, evaluate student learning. Not consistent through system. Looking at proposing to BHS advanced wellness class. Need additional health ed. Proposed more health ed class for jrs, and srs but very long process, not just developing course but red tape to get approval, amend graduation requirements, etc. Propose offer as elective. Looking to survey current sophs and juniors to see what most interested in. Continuing to work on after school contracts for credit for PE outside school day (martial arts, dance, etc. not associated with school. 40 hours throughout semester to fulfill PE fitness credit.) In many cases, sole source of physical activity and most often paid programs. Inadequacies – 143 students in after school contracts past 3.5  years,  only 2 African American, only 3 on reduced lunch, so real equity issue. Want to encourage students to give BHS opportunities (rock climbing, yoga, etc.) a shot. Want children to find something physical want to participate in and want programs to be valued and sought after – not class looking to get out of. (Yoga is VERY popular – asking for additional sections.) Could kids get credits (not just exemptions) for participation on sports teams? Tina will check.

**Guidance and Clinical Services: Christina Palmer** – Piloting this spring a risk assessment doc for school psychologists and social workers as tool for students in crisis, litany of questions that help determine quickly what next steps should be, form with info connecting to outside support. Working on year and a half.  Made document electronic for easy access and editing. Hope to fully launch in fall.

Also continuing to work on social/emotional learning curriculums put into play, tweaking how gender identity and equity fit in. Pushing back on counselors to look at through lens of inclusiveness. At district level, coordinating Title 9 and Title 6 – one piece is restorative justice- being able to have supportive conversations and not afraid to bring up differences. Hosted amazing meeting with Supt. Bott and others just before vacation to talk about how this plays into supporting all students, foundation at k-8 level. Hope to get ideas implemented in schools, classes. Ideas have been very successful with dealing with some specific student issues. Dovetails with bullying policies.

BEF Grant around mindfulness has resulted in some activity, goes hand in hand with work already doing, proposal to make Benson-Henry resilience program system wide, but response was “not yet” ready for that. Wants to make part of culture. Could be 3-5 year plan.

**Brookline Parent Education Network (BPEN):** June Harris, Karen Campbell - Wed. April 5th Norfolk DA to present "The Other Talk" for parents of Juniors and Seniors on topic of substance abuse as students prepare to leave home.

**Public Health Department: Lynne Karsten** - She will send flyer with information on public health week. Tues, April 4th talk on "TB. A new look at an old problem" CEU's available for nurses. Tues 4/4 afternoon talk on: "Being green at home."

**Office of Diversity/Inclusion: Chris Chanyasulkit** - Storytelling workshop tomorrow evening. Also March 26th 3-5 pm at Senior Center, presentation on Immigrant's rights

**Recreation: Sara Nelson** - Spring and summer guide will be out soon. New club starting: Family Run Club. Also, a new walking club offered through NRPA grant, walking for people with arthritis and related illnesses.

**School Health: Dr. Erik von Hahn and Tricia Laham** - Presentation on 4/4/17 at 7 pm at Lincoln School auditorium for parents and staff on New Research and treatment for allergies.

**Next Meeting:  May 24, 2017**