**NOTES**

**WELLNESS COMMITTEE MEETING MAY 4, 2016**

**Present:**

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

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

Teddi Jacobs – BPS Coordinator of Health and PE

June Harris -- Brookline Parent Education Network co-coordinator

Melissa Battite – REC Dept.

Christina Palmer – Director of Guidance and Clinical Services

Erik von Hahn, consultant pediatrician

Erica Rowden – Representing Karlyn Grimes Dietician and Health Coach

Heather McMullan – Devotion School Nurse

Paul Harris

Helen Delichatsios – Parent (Baker, BHS)

Hillary Janowski –Parent (Pierce), nurse

Elvira Perez – Parent (BHS), B-PEN Exec. Bd. rep

Blanka Bogdanovic – Parent (BHS)

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

Donna Pertel – Parent (Runkle)

Youly Diamanti-Karanou – Parent (Baker)

Niela Rahman – Parent (Lincoln)

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

Stephanie Corrado, new email [spc128@gmail.com](mailto:spc128@gmail.com)

Jennifer Lucarelli

Barbara Westley

Claudia Gumina

**REPORTS**

**B-PEN** -- April 23 presentation to middle school parents on key results of the latest Youth Risk Survey went well – ca. 50 people attended, some lively panel follow-up and discussion

**NURSING** – Flu is still out there – not too late to get a shot. Ticks are out there, too, coming out of leaf litter. Starting doing tick checks, we are considered an endemic area. Nursing is working toward a Narcan policy, hopes to have approval by September.

**HEALTH DEPT**. -- Village Day is June 12, 1 mile road race sponsored by Wellness in the Village and local businesses. June 21 is summer solstice and International Day of Yoga in Brookline, a special event 7-8 p.m. will offer yoga, which is now one of many PE options at BHS – always full classes.

**PREVENTION/INTERVENTION** – there has been a rash of kids dealing with issues around depression, social workers /counselors are dealing with a lot -- not just kids in school but with parents, who need support for afterward. There is a group now for parents of kids with social/emotional issues (Hope Schroy facilitates. Kim Smith helps manage), next meeting May 23, MLK 7 p.m. First meeting was March 1, most came having heard about it from BLAST info or Winthrop House, so now the need is for schools to spread the word and help support and gather parents in need. Meeting topic will be Summer Strategies -- looking for ideas, working with NAMI and police for what to do when in an emergency situation or crisis, how to be prepared. The group should help families feel less isolated.

Paul Harris says wife Mary will be teaching a free NAMI 12-week “Family to Family” class for family members of those with mental health issues. June says it’s very good, a safe space for sharing, explains diagnoses, resources, helps people feel less isolated. For anyone interested in learning more about symptoms they may see in family members, general concerns. Idea -- Interview Mary Harris about the class for something to send to the TAB late August, maybe with picture, to help draw people in.

Erik von Hahn mentioned he does K-12 parent discussion groups on prevention and wellness, executive skills, routines, etc. for SEPAC, kids with disabilities, always good discussion. Screens and homework are often big issues. Perhaps he could do a general parent presentation? Could target different parent populations?

**GUIDANCE** -- Monday there was a K-8 presentation through BEST for guidance counselors, talked about summer strategies as to what do with parents, BEST has informational alert form to get background of what parents may be struggling with (MS staff have conversations with families that may need this) so BEST is aware, has a history on file, and can jump in quickly for families in need. BEST offers info on Mass Health, Tufts Navigator, etc. very extensive.

Now getting a good routine of reports in the department. See a trend that hospitalizations, mostly psychiatric, seem high in spring going into summer, especially at high school – this past month probably 23 students hospitalized. All hospitalizations should be reported to Christina Palmer so guidance can make sure plan is in place for going forward.

**RECREATION DEPT**. – Spring/summer book is out with two pages of Wellness opportunities. On May 26, having a “lunch and learn” 12-1 at Town Hall. “Women and Girls Thriving” resource guide is now available on web ([www.thriveguidebrookline.org](http://www.thriveguidebrookline.org) ) Hope all community leaders will start to use and make an impact. Still hiring for summer, and lots of opportunities for work and placement in camps. All staff going through the Mental Health First-Aid 2-day training. Great for PTO’s to do as well. 25% of staff college and high school age, so should be great for training. Just got $27,000 5-year grant to help launch many initiatives toward nutrition, family/staff training, etc. – “Out of School Time Nutrition and Physical Activity Grant.”

**HEALTH & PE** - PE will be included on regular progress reports starting in June – there’s a plan for other specialist areas (arts) to do the same. In health, lots going on in the transgender world, elementary initiative to develop protocols, procedures, and district policy, part of a broader plan for understanding differences. Guidance gets calls fairly often from families with kid self-identified and need to provide support in all areas, including changing name, connecting with all teachers or anyone with a relationship with student. It’s happening at all different levels in the district. Mary mentioned that at Day of Dialogue a student talked about coming as a freshman and being surprised to hear what was going on. Kim mentioned that Sag online has good coverage of Day of Dialogue.

Teddi hopes in time we’ll have wellness teams/departments at each school and have dedicated PE teachers. Currently no 6th grade health, 5th grade Intro to Adolescence about puberty is taught by classroom teachers, more health needed for 10-12th grades. Moving toward skills-based health – communication, understanding influences, accessing resources, etc. that way know covering all those standards.

Mindfulness continues at BHS , selected more teachers to be trained, second group will be ready to go into advisory with de-stressing and mindfulness techniques, some teachers already doing at end of classes.

Teddi is retiring. “It’s been a very big job.” Kudos from all in attendance for an amazing job.

**WELLNESS POLICY**

Brookline is being audited this year for current wellness policy. The audit will give us guidance for new policy moving forward. It is a graduated process. Talked last meeting about three main focuses. Sent draft out to all. Idea is to start with basic policy, then goes into specific directives. Currently, Brookline has a policy but doesn’t go into a lot of depth about how to measure. There are a lot of guidelines, but it is left it up to each school how to follow, and currently have inconsistencies at each school. Effort now is to go deep with this, beyond requirements. We can meet bare minimum, but we can create excitement by going beyond that, aiming high with lofty goals.

Bettina elaborated on a list of top 10 priorities in nutrition (attached). Will send electronically which was really well done and touched all the wellness values. However, Melissa suggests that in order to get buy-in, the policy needs to be simplified so people can jump in as it goes out to teams across district – this is what we want to do and this is how we’re going to do it. Explanation -- policy requires so many levels of details and is cumbersome, but what will go out is more distilled and palatable .

Question – will this extend to after-school hours, ie extended day, fundraisers, intermission refreshments? To we need to have more balance, more give and take for the real world? Perhaps provide some healthier alternatives for these things? Food service can order for these initiatives to help with economics.

The hope is to have everything cued up by September to get the administration on board with this.

The Mental Health section is still in flux because Karen Shmukler is leaving, but key administrators need to put specifics into the basic plan already outlined. Christina and Mary will work on this.