**WELLNESS COMMITTEE MEETING 10.4.17**

**PRESENT**

* Mary Ellen Dunn – Deputy Superintendent of Administration and Finance
* Samuel Zimmerman – Deputy Supt. Of Student Services
* Tricia Laham – Coordinator of School Health Services (Baker School nurse for 14 years)
* Lynne Karsten – Director of Community Health, Brookline Dept. of Health
* Chris Chanyasulkit –  [Chris4tmm@gmail.com](mailto:Chris4tmm@gmail.com" \t "_blank), Simmons College Dept. of Public Health
* Karen Campbell – Brookline Parent Education Network co-coordinator and writer/editor
* Tina Bozeman – BPS Coordinator of Health and PE
* June Harris -- Brookline Parent Education Network co-coordinator
* Gus Travasos – Food Service Director
* Paul Harris – Town Meeting Member
* Matthew Gillis – Director of Operations

**School Committee**

Barbara Scotto

Ben Chang

Michael Glover

Julie Schreiner-Oldham

David Pollak

**Parent Reps**

Blanka Bogdanovic – BHS

Bettina Neuefeind – Lawrence, Food Subcommittee Co-Chair, Harvard Food Law & Policy Clinic

Donna Pertel – Runkle

Lisa Lisi – B-PEN liaison

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

Katie Bacon – Lincoln

Leigh Cumberti – Runkle

Alexandra Rengel – Runkle

Kieran Bauman – Emerson reporter ([Kieran\_bauman@emerson.edu](mailto:Kieran_bauman@emerson.edu))

Carlos Yuyar?

**Wellness Policy - Sam -** Focus today is to share the work done on Wellness Policy. Handouts of draft of Policy as well as Management of Life-Threatening Allergies. Short Power Point (attached). Today hope to get input from committee and public.

Question – says when budgetarily possible. Who determines? No restraints on purchase of fresh fruits and vegetables (locally sourced as possible). Grant money from Dept. of Defense. Price fluctuations impact purchases like tomatoes out of season. Students that buy lunch can get seconds of fruit/veggies. We need to communicate sourcing of some products, such as chicken nuggets – what’s in them? Easy access to that info on website – click on menu and see all ingredients. Gus will try to go to schools to provide info to parents. Whitsons now incorporating parent feedback in determining menus. Lunch is $3.25. Offer best quality and taste for that price limit, which is challenging. Need to build level of trust and consistency. If want more, will cost more. More vegetarian options might be less expensive, but harder sell for some kids and won’t fill kids as much as meat-based protein. Try to offer variety, trust parents to educate kids to make best choices.

Policy doesn’t recommend increase in recess, which is different from PE, and isn’t specified (p. 5 of WP draft). Legislation in Commonwealth that mandates 20 minutes unstructured recess K-5, we will make qualifiers to that language to see what looks like for 6-8th grades. Point -- 20 minutes may be too short, given time for line-up, organization of games, etc. Benefits important – social, emotional, freshness for academic achievement. Confusion with extracurricular and in-class, teacher-led activity, not same benefits as recess. Policy could speak to value of playtime more vigorously. Response: if meet curriculum requirements plus current length of school day, can’t find the time. From where do we take the time? Principals need to hear this from parents. (Principals shared looking at cafeterias to move more efficiently, same challenge with recess. Transition time is an issue, constant adjustments to schedule during school day.) Also, a lot of constraints for building use because of overcrowding, which will hopefully change with 9th school.

**Health and PE – Tina** -- A lot of discussion around expanding health ed. Planning FY2019 budget to include expansion to further curriculum. Huge amount of support in the community according to Wellness Summit last year. Tina says Brookline has more support for health ed than anywhere she’s been across country. We can do better. Tina surprised health only 9th grade 2 days one semester. Looking to have an elective for jr. & sr. years at BHS, but middle school health ed currently only 7-8th. Research shows benefit from kindergarten, but realistic could expand to 6th 2 days a week entire year like 7-8, would make an impact. Future years lower grade levels even more. Starting point. Wellness in Brookline largest committee in district, due to all stakeholders because childrens’ health matters. Needs to be priority. Science classes have been used as limited health ed delivery, but true skills-based health ed requires specially trained teachers. Inconsistent and not quality it deserves. Life science and environmental science taught together, and strands of health embedded (i.e., impact of pollution on health, units on circulatory system in life science, etc.) Health ed. topic on sex education in 5th grade by classroom teachers. Time issues to incorporate health ed. Janet McNeil currently oversees K-6 health ed. Tina would like oversight. Student stress levels are increasing, especially at BHS. Not teaching kids healthy lifestyle, mindfulness, coping mechanisms for resilience, and increased health ed could help balance.

**School Health – Tricia** - Life-Threatening Allergies Guidelines – parents and principals asked for stronger language, so new guideline’s recommendation is to eliminate food in classroom during school day. Michael’s Law might offer additional language to consider. Teachers need to use food service for pre-screened items. Hearing and vision screenings being done early.

**Public Health - Lynn** Today car-free and lots of kids participating, green stamp for kids hands that reflects climate issues. Food Day in Brookline is Oct. 12 go to farmer’s market and encourage people to buy extra and donate to food pantries. (Flyer attached.) Goal get food pantries something not in a box or can. Flu clinics starting up at BHS, Baker, Senior Center.

Oct. 19 Lawrence Food Festival – open to town in larger shared space next year?

**Guidance and Clinical Services – new director Oct. 10**

**Diversity and Inclusion – Chris (Caitlin not present)** Great bystander intervention workshop with True Story Theater to stand up against discrimination, good feedback. Oct. 17 at Pine Manor salary negotiation workshop open to everyone. Brookline Commission for Women – 2 day dress for success clothing drive in December partnering with Housing and food pantry to ID who needs clothes. In Jan/Feb do clothing drive for kids and teens. (Send info to Dempsey at town recycling.)Clothes swap groups could be tapped as well. (Could pantry pick up leftovers from food share table?) Food Pantry fundraiser coming up. Contact diversity office for partnering on initiatives.

**B-PEN – June, Karen** – Dec. 14 morning Annual Wellness Summit focusing on marijuana, involves stakeholders throughout the community, email June if want invite -- [june\_harris@psbma.com](mailto:june_harris@psbma.com)

**PROBABLE DATES FOR NEXT MEETINGS, 8:30-10 A.M.:**

December 13

March 7

May 23

**Add Caitlin Haynes email to master list –** [**chaynes@brooklinema.gov**](mailto:chaynes@brooklinema.gov)

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**Hey Lynne,**

**Happy to pass this on for publication in the BLAST, but there**