***BROOKLINE WELLNESS COMMITTEE***

**MEETING MINUTES**

**Date: October 1, 2014**

**Present:**

Peter Rowe – Town Chief Financial Officer

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

Helen Delichatsios – Parent (Baker, BHS)

Hillary Janowski –Parent (Pierce), nurse

Antonio Shallowhorn – Dept. Public Health intern

Lynne Karsten – Director of Community Health

Chris Chanayasulkit – Health and Human Services

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

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

Gloria Rudisch - Director of Child Health Services

Blanka Bogdanovic – Parent (BHS)

Sue Levy – Parent (Pierce, BEEP), company is Savory Eating, interested in nutrition

Hope Schroy – Family Resource Advocate. Gr. 6-12 (BHS social worker for 17 years)

Kim Katz – Parent (Driscoll), social worker

Teddi Jacobs – BPS Coordinator of Health and PE

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

Bettina Neuefeind – Parent (Lawrence) advocates disability rights

June Harris -- Brookline Parent Education Network co-coordinator, schedule master

Alden Cadwell – Director of Food Services

Betsy Dahlbeck – Parent (BHS), B-PEN parent rep, executive coach and strategy consultant

Melissa Battite – REC Dept.

Christina Palmer – Director of Guidance and Clinical Services

Alisa Lincoln – Parent (Lincoln, BHS) Associate Director of Institute on Urban Health (mental health)

**Next Meeting: December 3**

* Mary requests that participants send in info (reports/updates) they’d like to share BEFORE meetings so we can disseminate to all ahead of time and use meetings for more in depth discussion
* Parent reps share committee ideas with PTOs and principals
* As new initiatives are begun, email Karen Campbell ([kcampbell@brooklinema.gov](mailto:kcampbell@brooklinema.gov)) and she can help spread the word
* Peter, Mary and Tricia will meet to create list of committee goals

**INTRODUCTION**

Meeting called to order by Peter Rowe, who announced his retirement at end of school year. As committee expands and improves, Tricia Laham and Mary Minott will organize meetings and keep committee focused.

**REPORTS/UPDATES:**

**Health Dept. – Lynne K**

* **Car Free School Day** on Wed. Oct. 8 at K-8 schools way to raise awareness. All schools participating. Lincoln organizing bike parades.
* **Food Day Oct. 24** – plans include loop video at BHS, TED talk-style, to raise awareness around food issues, eating locally, healthy nutrition, organic eating (dirty dozen sheets)
* **Community Flu Clinics** set for Baker, Devotion, Health Dept., and Senior Center (more info at 730-2336)
* **Feb. 2-8 Climate Change Project** planned --if have extra children’s clothing, also do drive for needy families
* Contact [lkarsten@brooklinema.gov](mailto:lkarsten@brooklinema.gov) if want to get involved with any of these projects
* Gloria Rudisch adds -- big emphasis to all schools on hand washing for illness prevention
* **Domestic Violence Initiatives** - BIG (formerly BATV) sponsoring Domestic Violence Awareness community event Oct. 10, two panels, discussions and film screenings, ($10) also selling purple bow ties to benefit JAL (Jennifer A. Lynch) fund, which is sponsoring teen video contest due Oct. 10, top five videos go live toward end of Oct. and voted on by public, top 3 win up to $250. STEPS TO SUCCESS planning student events with various activities at BHS

**Health and Fitness – Teddi J**

Shared excellent article parents in the committee sent to TAB to raise awareness of student stress and mental health issues

* Alisa adds -- Feedback is “What are we going to do now?” Challenge with BHS is that parents already sensitive to the issues are the ones who go to events. We need to change culture and shift beyond those already thinking about it.
* Elvira – there is a lot of parent discussion on mental health cause kids are stressed. Headmaster talks about healthy stress and set up group within BHS to discuss, but even an issue in middle school and lower grades
* Health education – how expand, get more support? Heath ed still has image of gym class (think back to own classes of dodge ball). Need to revamp health ed perception as research-based, comprehensive, one of most effective ways to address unhealthy behaviors. One of origins of committee to link nutrition and physical activity to general health. Now more expansion into mental health, healthy behavior, stress management
* Christina – talked with Karen Smukler about guidance counselors implementing k-12 curriculums, to teach coping skills, stress management, executive functioning. Talk to principals, teachers, health dept. to buy in and collaborate. Best place is right in classroom, with parents paying attention and talking with teens about what’s learned. Try to keep big picture in mind at all times. Guidance at different schools different levels of clinical expertise – importance of tailoring to each school. Hope to bring more consistency across the board in what guidance and health education deliver
* Mary –The Health Curriculum Program Review over 3 years looked at evidenced based social/emotional learning programs and curriculum and created a comprehensive plan. It would be great to connect that with the work Christina and Karen are doing looking at social/emotional curriculum. B-PEN has been collaborating with the AWARE program sending out parent letters with talking points about what kids learning so parents can continue conversation at home. Committee can continue to help coordinate initiatives.
* Liz Gorman writes that she is working with Deb Holman about ideas for putting together a 21st century fund grant proposal spanning several years to bring stress education/ mind/ body/ relaxation response/ mindfulness to all students as a part of their high school education. “Deb is excited and fully behind these ideas. She also is seeing this as part of a bigger umbrella that includes the initiatives happening with H&F (depression curriculum), a faculty council and also student government discussions around homework, etc.”

**ACTION:**

* + B-PEN creates tips of top warning signs and parent responses
  + Lynne will pitch a possible month “Wellness Corner” column in TAB – we would need to line up several stakeholders to take turns writing (ex. B-PEN, Food Services, Prevention, etc.)
  + Use kiosks around town to publicize initiatives and info. For example, could we come up with clever, attractive presentations on stress management to put out before exams?
  + Reach out to religious centers as exams come up as possible source of student support
  + June will work with Tricia to schedule meeting with Mary, Christina and Teddi and any interested Wellness Committee members specifically focused on mental health/guidance issues, coordinating efforts, etc.

**B-CASA/B-PEN – Mary**

* Peer Leadership program projects focusing on 1) Substance abuse; 2) teen dating violence and domestic abuse; 3) mental health and stress; and 4) bullying /internet safety. PL involved in warrant article this month to ban e-cigs everywhere tobacco is banned and ban sales to minors. Presentations planned for senior PTO meeting on stress, and 7th and 8th grade AWARE classes.
* December Wellness Summit planned as Dec. 4 breakfast – exploring what pressing health issue should be the focus. Ideas?

**School Health Services – Tricia**

Big push to get into out on enterovirus update – handouts, stress hand washing, info being sent to nurses who dispense to parents, janitors involved with keeping surfaces clean

**Food Services – Alden**

* Focusing on getting as many greens as possible into menus. Ex. - just introduced kale maple syrup corn salad, lo fat pesto pasta with spinach, salad bar extremely successful at BHS.
* Care taken to limit germ spread.
* Monster energy drinks were available and caused concern, but will be discontinued
* Last year best year in participation in food service program. However, breakfast program needs better participation and exposure -- 7:30 am available to anyone.

**ACTION:**

* + Alden can meet with interested committee members to devise ways to encourage parents to eat breakfast with their kids, publicize program and menus. Could do launch around Food Day? “Come eat breakfast with your kids”

**REC Dept. – Melissa**

* New program books distributed showing new and expanded programs (Intro to Skateboarding)
* Still offering concussion baseline screenings, free, important, not used as much as should be
* Great summer, second lunch program – free and reduced for kids who needed it. Rec therapist there for 6 weeks.
* Want to develop programs for out of school time to complement health initiatives in schools
* Advocates more proactive publicity of WC, like making report to school committee twice a year

**Parent/Community – Bettina**

* Oct. 23 5-6:30 is Lawrence’s annual Food Day Festival (committee members welcome) Draws from Center for Science in the Public Interest - <http://www.cspinet.org/>
* Wellness Committee’s food guidelines needs more presence in middle schools
* WC should investigate new Wellness Policy Standards on school nutrition, which are not well known. New guidelines more stringent, and need monitoring for enforcement. (Question if guidelines are recommendations and suggestions but not policy.)
* Bettina cites Healthy Hunger Free Kids federal mandate (USDA) set new guidelines in motion for snacks. She sent a wealth of informative links for further investigate – SEE BELOW.)

**ACTION:**

Alden and Bettina will create subcommittee to find out current guidelines and explore developing a district policy – Start with Peter Rowe, then Lupini…

**LINKS and ADDITIONAL INFO:**

For the new standards around Local School Wellness Policies created by 2010’s Healthy Hunger Free Kids Act, take a look at the USDA links provided here:

[http://www.fns.usda.gov/school-meals/local-school-wellness-policy](http://www.fns.usda.gov/school-meals/local-school-wellness-policy" \t "_blank) and specifically here (noting the implementation timeline at the bottom):

[http://www.fns.usda.gov/tn/local-school-wellness-policy](http://www.fns.usda.gov/tn/local-school-wellness-policy" \t "_blank)

The Massachusetts standards for competitive foods and beverages in schools, as you will see, cover all foods provided at school, not just those sold.  These went into effect August 2012 (and 2013 as specified in the text):

[http://www.mass.gov/eohhs/docs/dph/regs/105cmr225-nutrition-standards.pdf](http://www.mass.gov/eohhs/docs/dph/regs/105cmr225-nutrition-standards.pdf" \t "_blank)

The Guidebook that breaks it down and makes it more readable is here:

[http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf](http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf" \t "_blank) .

For the new federal nutrition guidelines created by 2010’s Healthy Hunger Free Kids Act, take a look at the USDA links:

* for school meals here:  [http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals" \t "_blank)
* for competitive foods and snacks: [http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act](http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act" \t "_blank),
* summary chart [http://www.fns.usda.gov/sites/default/files/allfoods\_summarychart.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf" \t "_blank),
* smart snacks here [http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks](http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks" \t "_blank) .

**225.200: Specific Nutrition Standards for Competitive Foods in Public Schools**

(A) Beverages

(1) Juice

(a) All juice shall be made of 100% fruit or vegetable juice, with no added sugar.

(b) Servings of juice shall be no more than four (4) ounces.

(2) Milk and Milk Substitutes

(a) All milk and milk substitutes, which include alternative milk beverages such as lactose-free

 and soy milk, shall be fat free or low-fat (1% or less).

(b) All milk and milk substitutes shall meet the USDA definitions and standards for fluid milk and

 milk substitutes.

(c) Servings of milk and milk substitutes shall be no more than eight (8) ounces.

(d) Flavored milk and flavored milk substitutes shall have no more than 22 grams of sugar per 8

 ounces.

 (3) Water -- no added sugars, sweeteners, or artificial sweeteners, but may contain natural

 flavorings and/or carbonation.

 (4) Beverages with added sugar or sweeteners -- Any beverages with added sugar or sweeteners not already prohibited in section 225.200 will be phased out by August 1, 2013; provided, however, that a public school may provide or sell flavored milk or milk substitutes that contain the same amount or less sugar than plain fat-free or low-fat milk.

(5) Other Beverages -- No beverages other than juice, milk, milk substitutes and water shall be sold or provided.