

Wellness Meeting Minutes 12/14/16

Tricia Laham- Update on the Wellness Policy- a draft is in place, just tightening up the language, next to be reviewed by Mary Ellen, eventually to go to the school committee.

Mary Minott- Update on the Wellness Summit and follow up plans
Meeting at BHS on Monday to follow up on some of the recommendations.
Peer messaging: to raise awareness around the laws, change the culture around sexual harassment. Escalation is happening in March, build a larger campaign around it. Include parents and students. One Love campaign – Peer Leaders. Also need to make people aware about the sexual harassment policy and a campaign to raise awareness about it at BHS.

Tina Bozeman- At the Summit overwhelming response that we need more Health Ed, parents students, community members
Our Health Education does not meet National requirements. It is only one quarter of health education for their entire high school career.
Advocating another year, maybe junior year, a full year. And a full year freshman year.
Plan to hold a meeting in January inviting folks who want to help advocating for Health Ed.

Two or three school committee member positions will be up for election in May.

Melissa Batitte- Winter guide for Rec Department. Shared link to Thrive guide online.

www.thriveguidebrookline.org

Women moving forward video about 5 Brookline Women overcoming obstacles and thriving. 5 working groups.

Out of School time grant from Walmart supporting health eating- Grant supporting nutritionist dinners once per month to promote healthy eating, leading to behavior change
Reaching out to engaging community members who haven't been involved.

Gearing up for summer- kids fair in January. High school students need to think about summer employment. Start interviewing in December. New application online.

Rec therapy division growing- adaptive aquatics.

Look at the Rec Dept Book!!!

Lynne Karsten- Passport to Health and Fitness- 10\$ for 10 different places. Kick off soon.
Climate week is the last week in March- Pierce Climate change fair- Biomimicry- nature inspired solutions to climate change. Saturday April 1th 11-2. Flier will be sent out to the Wellness Committee.

National Health wellness week is starting April 3rd

January 23rd, celebration for Alan's retiring.

Barbara Westley- Public Health nurse- Re: communicable diseases, flu is late this year, not to late to get your flu shots. 3 confirmed cases so far, it is coming. Mumps, a few cases. You can still get it if vaccinated, because only 75% effective. We have not been hit hard.

Chris Chanyasulkit- January 16th, MLK Day event- panelist of speakers:

ACLU, Andrew Bott, Dan'O'Leary

At Coolidge Corner. Will also have food pantry event. Looking for volunteers
Asian American Family Network contest in progress. Had forum last Thursday night- 30
families, Paul Epstein spoke about services at BHS, other providers/clinicians. Brian Poon.
2 high school students.
Great feedback.

Elvira Perez- Sharing about plans for starting Voces Latinas groups, starting with
community needs assessment. Want to do a big event. How to support each other.
Chris sharing how Asian American Family Network started.
On Feb 4th help to plan Pan-Asian American celebration. Connects with the Pan-Asian club
at the high school.
Melissa- 4 or 5 staff at rec dept are Latinos and they may want to get involved.

Tricia Laham, School Health: School committee did approve Narcan policy- so it will be in
all schools. Question if it is an issue in the schools- no not in the schools, but yes adults in
the community.

Dr. Von Han and Tricia presented to nurse leaders in the state, strengthening ties with
pediatricians to support students staying healthy. School nurses are a great resource.

Allergy response question- using benadryl vs epipen. Tricia- for known allergies, it needs
to be an epipen if an allergen is ingested.

Gloria Rudisch-Encouraged to see the progress with health education, so important for the
students.

Youly Diamanti-Karanou- Wondering if we could start at a younger age with health
education, the underlying dynamics are there at a younger age so they can be better
equipped to deal with the issues later on.

Is there work being done, campaigns to prevent sexual abuse of children? We have this in
Greece.

June - There is a program called CAPP, and a Heath parent who would love to have it
expanded, doing it at Heath.

Tina - Yes, there is absolutely a need in the lower grades. It is one of my priorities to look at
7 and 8th grade health ed- we need health education specialists, not just a .2 subject teacher
who needs some additional time.

Also would like to see it expanded to 5 & 6th grades. Needs age and developmentally
appropriate information.

Kim Smith -Work has been happening on safety planning with the police -if you have a
child in crisis around mental health/substance abuse. Giving the police info ahead of time
so they can help if your child is in crisis. Following a crisis call about a child an officer will
come out and do a follow up visit and work on a safety plan in case of any future events.

Paul Harris- Last Monday night 21st century fund event about class on race and racism. Began with Liz Gorman leading a very short mindfulness exercise. Can we start our meetings with a short one-minute practice?

Tricia- we often start faculty meeting with them.

Mary- described how mindfulness is being implemented at BHS.