

## March 7<sup>th</sup>, Wellness Committee Meeting Minutes

3/7/18 WELLNESS COMMITTEE Attendance:

- Mary Ellen Dunn – Deputy Superintendent of Administration and Finance
- Matt Gillis-**Director of Operations and Facilities**
- Gus Travassos- Director of Food Services
- 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, Brookline Dept. of Health
- Dr. Swanee Jett- Director, Brookline Public Health Dept
- Barbara Westley- Brookline Public Health Nurse
- Chris Chanyasukit – Simmons College Dept. of Public Health
- Tina Bozeman – BPS Coordinator of Health and PE
- June Harris -- Brookline Parent Education Network co-coordinator
- Maria Letasz– Director of Guidance and Clinical Services
- Paul Harris – Town Meeting Member
- Gail Corcoran – Heath School nurse
- Erik von Hahn, consultant pediatrician

### **Parent Reps –**

- Donna Pertel – Runkle
- Youly Diamanti-Karanou – Baker
- Alexandra Rengel – Runkle, BHS
- Kim Smith -BHS
- Elvira Perez – BHS, B-PEN liaison
- Bettina Neufeind – Parent (Lawrence) disability rights, wellness/food policy
- Lisa Lisi- BHS, B-PEN parent rep
- Carols Yugal-

Trish Laham, Wellness Committee Chair: Introductions  
Reminder that we want to start on time

### **Committee Member Reports**

**Food Services-** Gus Travassos- - Phasing out old chicken patty that parents had concerns with, new healthier products. New chef, Scott Rothwell, promotional cooking introducing new offerings at all the schools.

DESE review April -12, focusing on 3 schools- Baker, Lower Devo, Pierce-satellite lunches to St. Mary's.

They will also be looking at the Wellness Policy- how is it reviewed/assessed and revised.

Mary Ellen- The policy is not in effect until July 1, so we can't assess a policy that is not in effect yet, Mary Ellen will write something to that effect for the DESE review. Our old policy was way out of line. This group will have a role in the new Policy assessment; every three years we are supposed to do an assessment of the policy. It

is not just food services, the whole policy needs to be assessed. There were a number of findings at the last time they reviewed it two years ago.

Bettina- Will ask parents for feedback on the new chef and products and report back to Gus.

Parent question about the burgers served at the high school.

Gus- We will be going back to the Angus beef burgers.

Positive feedback from about a parent of improvement in foods served- still room for improvement. Changes- healthier, fresher, an adjustment for some students. (Quinoa)

Parent question about a policy- child told parent he couldn't buy a la carte products. Gus clarified: We encourage children to buy the whole meal as it is a better value, but they are allowed a la carte. Balancing needs of "picky eaters" and trying to instill healthy eating habits. Meals cost the school more if students only choose a la carte- Mary Ellen- Is there a training issue for the food services staff?

**Health and PE** -Tina- - The Advanced Wellness class was approved by the school committee- In the process of constructing the course.

K-8 heart rate monitors.

Tina and 4 teachers will be attending the SHAKE conference (National Health Ed. Mtng) funded by the BEF – with focus in improving teaching and assessment processes.

**Pupil Support Services and Guidance**- Maria- Working collaboratively with nurses to implement SBIRT, (Screening and Brief Intervention, for alcohol and marijuana use). It has involved a lot of planning. The program was started in 7<sup>th</sup> grade and will be doing 9<sup>th</sup> grade at BHS later in March - a very positive experience with 7<sup>th</sup> graders- reinforcing positive decisions and teaching refusal skills. We will look how we deliver curriculum in the social emotional curriculum classroom.

**B-PEN**, June- B-PEN in partnership with Brookline Talks, will be hosting a presentation by John Mattleman- *The Secret Lives of Teens and Tweens*- for parents. on Wed April 4<sup>th</sup>, as part of Brookline / National Public Health Week.

Last night B-PEN had a meeting for Freshman Parents- *Navigating the challenges of freshman year*- for parents whose children are engaging in Risky Behaviors.

A parent question about programming for middle school parents: B-PEN has done mtngs for middle school parents at Upper Devo, and Pierce, Lawrence. And open to other schools, contact June if interested. Getting space has been an issue.

Matt Gillis offering to help with scheduling space.

B-PEN partnering with Tina B to offer the *Let's Get Real* Planned Parenthood Program for parents.

**Public Health-** Barbara Westley- Flu cases are dropping, but it is not over. For parents of college students, concerns about a meningitis B case at Smith College, a rare disease. There were two cases in the fall. Recommending the meningitis B vaccine for students in the 5 college area.

**Public Health,** Lynne K- National Public Week in April, Calendar of events handed out, and will be sent to committee members, and posted on the Health Dept website: Including programs on climate change, gun control, chemicals in children clothes, emergency management, and *Conversation Game for Living and Dying Well*. Upcoming info about climate change week, including the Youth Climate Action Challenge on April 7<sup>th</sup>.

**Public Health,** Dr. Jett- Recreational marijuana comes as of July 1, 2018. 5 recreational shops possible. Still unclear- For more information look at the warrant articles filed about recreational marijuana for the spring town meeting. Also the State Cannabis Control Commission (CCC) rules are coming out Friday. The Health Dept will look at additional recommendations not covered by the CCC or the warrant article. Edibles is a big concern. For adults as well as underage users. Packaging doesn't adequately warn about dosing. We need a reporting mechanism to track the impact. We are looking at survey data in the schools- perception of risk is down, access is up. Trickling down to the middle schools. We need more funding to address the impact.

Mary reported there has been a rise in incidents at BHS of edible cannabis use and overdose incidents, and school violations. They are overwhelmed with counseling referrals.

Kim- sharing info about the *Family to Family* Class- NAMI (National Alliance on Mental Illness) offered at the Health Dept. to help family caregivers or friends of individual affected by mental illness. (Focus is adult loved ones, and may be appropriate for parents of high school students.) Great class, great materials. Also the [NAMI MA Compass line](#) is a great resource for parents and adults looking for help accessing mental health resources.

*Family to Family* spring class based in Brookline is full. Will be offered in Brookline in fall. Paul will send around Flyers. NAMI MA offers class throughout the year in many locations.

**Peer Leadership:** Mary- Peer Leaders have been presenting 3 curriculums in 8<sup>th</sup> grade health classes: substance abuse, healthy relationships and a new one on technology. Last year they led over 50 health classes, this year they are on target to do even more.

Peer Leaders are being trained in the Mentors in Violence Prevention, gender based violence prevention curriculum to be ready to lead workshops in the 9<sup>th</sup> grade health classes.

Peer Leaders changed the name of SADD (Students Against Destructive Decisions) to BHS Crash Course, and attendance has risen from an average of 30 students

historically, to around 150 for the past two meetings this winter. Mary Ellen noted that with the increase in the student population, our numbers at the meetings will only continue to grow.

**Update on the wellness Policy** Mary Ellen - will be presented at the School Committee Mtng for approval.

Parent Concerns about unhealthy food offerings: Food rewards with IEP's. With edibles- concern about bake sales.

Parent rep question: What is the Wellness Committee doing about the racist incidents that have been going on in the schools and the school shootings. What are the schools doing to take care of the students who are struggling with mental health issues impacted by these incidents?

Mary Ellen- Acting as the Emergency coordinator- we are communicating our updated emergency procedures. Students take cue from adult behaviors. We will be doing more lockdown drills.

Maria- Restorative justice- making sure all involved understand how their behavior impacts other- making it a learning process.

Parents- Appreciate how Anthony communicates with parents.

Andrew Bott sent out a letter about the walk-out.