

WELLNESS COMMITTEE MEETING NOTES DECEMBER 13, 2017

BROOKLINE TOWN HALL ROOM 111

CO-CHAIRS: TRICIA LAHAM, MARY MINOTT

PRESENT – TRICIA LAHAM

MARY MINOTT

TINA BOZEMAN

MARYELLEN DUNN

MATT GILLIS

CAITLIN HAYNES

LYNNE KARSTEN

MARIA LETASZ

GLORIA RUDISCH

GUS TRAVASSOS

ERIK VON HAHN

BARBARA WESTLEY

KATIE BACON

BLANKA BOGDANOVIC

CHRIS CHANYASULKIT

HELEN DELICHATSIOS

YOULY DIAMANTI-KARANOU

PAUL HARRIS

DONNA PERTEL

ALEXANDRA RENGEL

KIM SMITH

CAROLS YUGAL

WELCOME

Sam Zimmerman, Deputy Superintendent of Office Student Services, was not able to attend. Tricia gave Sam's report. School Committee approved the Wellness Policy as written. The policy will go into effect 7/18 to account for budget implications, e.g. increased health education and recess. Sam and Tricia are working on the operational directives. Contact them if you/others have input. The Food Allergy Guidelines are not subject to approval by School Committee. It reflects strengthened language and will take effect 7/18. Tricia will check on the process for reviews and reports to the Wellness Committee.

Committee Reports

Food Services: Gus xxx – Food Services has identified substitutes for certain processed food items. Better chicken nuggets -- Jan. 2108. 100% angus beef burger at BHS and trying to use throughout schools. Looking for better chicken patty. Issue raised that in K-8 students may get

the wrong pizza (e.g. - pizza with meat) and students cannot exchange for another slice. Gus will address as a training issue. Discussion about the gulf between the healthy food parents request and the items students choose. In some cases there is little flexibility on what is served in order to comply with federal guidelines (e.g., whole wheat items.) BHS Environmental Action is creating a jingle for Meatless Mondays.

Health/Physical Education: Tina Bozeman – Working on a proposed name change: Brookline Wellness Department. Going to School Committee subcommittee to discuss. Many other MA school departments use the term Wellness Department. The goal of this name change is to rebrand and market the department and highlight lifetime activities, education, the whole child (in the community and beyond). Wellness Committee in support of name change. Some discussion about missing the word “health” but understand the intent. 9th grade H/PE course – working on name change to Lifetime Wellness. Working on advanced wellness course as an option for students grades 11/12 H/PE course requirement. Brookline Education Foundation Grant awarded to 5 staff to attend national conference. Jan 4, 2018, K-8 staff will attend training workshop with Shirley Holt-Hale. Seven K-12 teachers attended a recent state convention and will be sharing what they learned at departmental meetings. Work continues to update the Tappan Fitness Center: broken/outdated equipment gone, some new equipment purchased, space painted, and plans to replace the floor. Searching for additional funds to continue these efforts as the space is used and repairs cannot wait until a larger renovation is completed at BHS.

Guidance and Clinical Services: Maria Letasz – Maria, new Director of Guidance and Clinical Services, introduced two curriculum efforts covering K-12-- Mind Up and the American School Counselor Association’s Mindset and Behaviors. Looking to collect data on impact around knowledge, skills, and attitudes. School counselors are stepping up their efforts as this time of year tends to be stressful for students. Seeing an increase in student hospitalizations; looking at causes with goal of being proactive.

Brookline Parent Education Network (BPEN): Mary Minot - The Wellness Summit (12/14) is built around the intersection of mental health and substance use. Student survey identified areas of concern such depression and binge drinking and self-medication. BPEN has received requests for additional parent networks and is working to support these requests in middle schools.

Public Health Department: Lynne Karsten – April 2-8, 2018 is National Public Health Week. April 8-14th is Climate Change Week. Sat. April 7th @ Pierce School is the Climate Adaptation event for students. April 6th @ Lawrence School is a screening of the documentary **Stink** that follows a father’s investigation of why his kids’ pajamas smelled and what it means about products and chemicals. Flu vaccines are still available. Contact Barbara Westley at 617-730-2320 or bwestley@brooklinema.gov.

Office of Diversity/Inclusion Caitlin Haynes: 2018 MLK Day **3PM Monday, January 15, 2018, at the Coolidge Corner Theatre.** Dr. Chad Williams is the keynote speaker. Performances by BHS students. Events begin at 1 – Arcade Food Drive; Brookline Booksmith – book drive. Lunar New

Year Celebration will be Feb. 3rd at BHS 1-3 PM. The office is working with the Superintendent in response to racial incidents at BHS. Looking at government alliance for racial equity training additional training for school and town staff and the community.

Deputy Superintendent for Administration and Finance: Mary Ellen Dunn – FY19 budget will be out the first week of January. The Override Study Committee is looking at possible May 2018 vote as there is insufficient money. The deficit is an operational deficit resulting from growth, sustaining current programs, and anticipated future; it is not due to new programs or building projects. There may be another override necessary for debt exclusion for BHS building purchase. Student enrollment is the highest in the last 30 years. In the past 10 years, 1,500+ students; 500-700 new students projected in the next 5-7 years. Working on ways to get better town census data for families with children. Brookline is protective of this information (only schools and police can see). It is important data as it sets revenues at the state level. Even with 55 additional classrooms in built in existing buildings, a new school is necessary. State tracks “churn” rate for districts. Brookline’s is relatively high with students coming in/out of schools. Looking at impacts and what supports may be needed to support students/teachers.

Recreation:

School Health: Dr. Erik von Hahn and Tricia Laham – Discussion around vaping and juuling – big increase at BHS and seeing some in middle school. If student caught at school, it’s a mandatory 3 days suspension plus meeting with family and opportunity for student education. At K-8 level, goal to educate parents. School nurses (8) attended a conference; included training on how to make/train for tourniquet use. Tourniquets to be kept with AED. CPR/AED – refocus on 1st aide. Training all nurses, social workers, and guidance counselors on SBIRT -- Screening, Brief Intervention, Referral to Treatment. (Screening and early intervention for substance use disorders and people at risk for developing substance use disorders.) DESE is mandating screening. Letters going out to families of 7th and 9th graders soon. Good opportunity for education and building relationships.

Parents:

Request for information – Vaping. Peer leaders will be talking with 8th graders starting in January.

Secret Lives of Teens – John Mattleman will be speaking April 4th @ 7 pm, BHS MLK room

Next Meeting: March 7, 2018