

WELLNESS COMMITTEE MEETING NOTES OCTOBER 5, 2016

BROOKLINE TOWN HALL ROOM 11

CO-CHAIRS: TRICIA LAHAM, MARY MINOT

WELCOME, INTRODUCTIONS

Committee Reports/Updates

Tricia – Wellness Committee worked hard last year on updating Wellness Policy. Goal to finalize now that new personnel in place. Three main subcommittees – PE, Food, and Mental health – each will fine-tune their portions.

Mary Ellen Dunn- Deputy Superintendent of Administration and Finance Food Services (Matt Gillis; Teresa Vidette) – Meal charge policy is out of subcommittee re: what debt students can have in food service. Need administrative directive for how policy administered, plus new portion of wellness. Two older aspects also need updating. (Handout) Policy doesn't need to address free and reduced lunch (roughly 6% district-wide). USDA doesn't allow for free second meal, have to regulate for nutritional requirements and charge full price. A la carte full charge. Trying to provide for free seconds of fruits and vegetables, letting kids take fruit out for snacks. Addresses students not on reduced lunch, and limits amount students can be in debt. Deficit for unpaid meals comes out of operating budget. (When she arrived, debt was \$75,000.) Application process – can't waive lunch fee. Make sure we are careful if student applies late to look back and work with them on payment plan. Send any feedback or comments to Mary Ellen.

Two philosophies no one subscribes to – not feeding child and switching out a meal in line (a different reduced pay meal). Want to avoid conversation in line with cashier. Roll out to families will take attention to human element. National problem, prior to 2007, districts on their own re: student debt, and there was massive debt. (We get reimbursed for free and reduced meals.) Sometimes issue of communication with parents, need to send appropriate notices re: availability of program (make sure we know who needs services) as well as billing, and make sure communicating with adult.

Findings from audit (handout) every three years -- 24 findings, started to address. Some involve staff training, others more complicated – food storage, equipment, paperwork, reimbursement claims, etc.

Matt Gillis – Low fat chocolate milk reintroduction was way to increase milk consumption. Concerns -- Cost of moving to plastic container? Increased salt and sugar content? Tried in

spring, not continued in fall. (Matt will email details.) Bottom line – chocolate milk did increase milk consumption fourfold, so reconsidering. NOT recommended for breakfast, but just lunch. Food service opportunity to educate re: healthy balanced eating. Still weighing, welcome feedback. (Charge for packaged water and juice to encourage choosing milk as more nutritious.) Also considering vegan and lactose-free options. Wellness Committee will be kept informed on this, and on other offerings with questionable nutritional value (like cinnamon rolls at breakfast). At some point, like feedback on basic options.

Bettina on sabbatical, but there is still a food subcommittee as part of Wellness.

Prevention/Intervention- Mary Minot – coordinate B-PEN and Peer Leadership.

Prevention at high school involved in different projects. Collaboration on movie “Screenagers” at Coolidge with post-show panel discussion. Group of Peer Leaders working on substance abuse prevention, presenting in health ed classes. Group working on Healthy Relationships, saw video “Escalation” about teen violence. Working on debate re: Ballot Question 4 around Marijuana – suggest familiarize around issue, very complicated ballot question. Looking at pros and cons. Health can’t weigh in, but recommend familiarity. Nov. 7 students debate on issue. (League of Women Voters could help publicize.)

Brookline Parent Education Network (B-PEN) – “Screenagers,” two nights – parent brought to us. 400 seats sold out within 7 hours, so topic of great concern, funded by Brookline Community Foundation and Coolidge Corner Theatre. Marijuana debate – working on parent info piece. Wellness Summit Thursday morning Dec. 1, MLK Room – Underage Drinking and Other Drug Use, get together as community (by invitation) and brainstorm. From summit create annual action plan for coming year. (Summit identifies issues and different community sectors collaborate on strategies.) Let us know if you think of key stakeholders. Hope Schroy (Family Advocate) facilitates networks for parents of LGBTQ and parents of kids with social/emotional issues.

Health/PE- Tina Bozeman (not present) – new head, helping update wellness policy.

Guidance and Clinical Services-Christina Palmer – no report as Christina had to leave early for another appointment

Recreation-Melissa Battite – not present

Public Health Department: Lynne Karsten, Barbara Westley – today Car Free Day, big display at BHS atrium, pushed by students, successful effort for several years. In commemoration of National Food Day Oct. 24, supporting a donation program at Farmer’s Market Oct. 20, encouraging people to buy extra and donate to food pantry. Last year very

successful. ****Idea** – Suggest food pantry donations in lieu of birthday party/anniversary gifts – nice way to raise awareness

Free Flu clinics coming up. (Flu mist no longer considered as effective, so not offered this year.) Fiscal year 2016, Brookline Health Department gave 505 vaccines to uninsured international school-age children.

Chris – Office of Diversity – Dec. 8, free Let's Talk series is "Promoting the Success and Well-Being of Asian & Asian-American Students," speakers addressing social/emotional well-being. Oct. 15, "Young Leaders Symposium" for students and young professionals – Sponsored by Asian American Commission, but all race and ethnicities welcome. About civic engagement, includes free hot lunch. Office also working on salary negotiation workshops, can provide other workshops as needed.

Wellness Subcommittee updates:

Mental Health – Wed. Oct. 19 noon, next Mental Health Subcommittee meeting, encourage people to come. (Mary Harris offering NAMI 12-week free class – has 18 people in class – handout of compass line NAVIGATOR for resources.) Dec. 13 10 a.m. meeting at Police Dept. around community mental health work.

Food and Healthy Eating; PE/Health –meeting Oct. 19 @8:30 a.m.

Schedule of Wellness Meetings: December 14st; March 8th; May 24th