

The Public Schools of Brookline
Wellness/School Health Advisory Council
May 16, 2012 8:30 am
Town Hall Room 103
Minutes

Chair: Peter Rowe

Minutes: Kate Donnelly

Attendance: Mary Minott, Eric Rimm, Blanka Bogdanovich, Gloria Rudisch, Sonya Elder, Helen Delichatsios, Kate Janisch, Teddi Jacobs, Teresa Gallo-Toth, Mellissa Battite, Peter Rowe, Kate Donnelly

Substance Abuse Prevention Update-Mary Minott

Gave an overview of the YRBS 9-12 results which is given every other year. 7/8 data is also available. Mary expressed concern over the medical marijuana bill that may be on the ballot in November. Marijuana is illegal to grow now but wouldn't be if the referendum passes. Bruce Tar the rep is trying to modify the bill so it would be on par with the ETOH possession law which would limit marijuana possessions to those under 21.

“What’s in Your Cupboard Campaign” Mary also spoke about Rx abuse. 11 students were sent to rehab for Rx drug misuse and abuse. Stimulants are being used as performance enhancing. States students who use Rx drugs in this way do not typically go onto other drugs.

“Cyber safety” BPEN and BCASA are educating parents and students about being media savvy. Peer leaders were trained in the 6th grade in the Aware program.

Physical Education Health and Fitness-Teddi Jacobs

Spark Resources are now in the PSB portal under Curriculum and Program Resources for teachers’ reference under the SPARK logo. Tabata (exercise burst) was used before the Gr. 10 MCAS on May 15 and 16. Spark has really caught on at several schools. Brain Fitness Lab is being created at Pierce and Heath (including Brain Bike). Awarded a BEF grant and will apply for a PEP grant. Neuroscience consultants returning May/June for postmeasure EEGs and other assessments, followed by a written evaluation regarding the students’ brain fitness after the new BHS Health and Fitness course, The Revolution- Improving Brain Performance. Anecdotal reports are positive.

Health Department-Notes from Lynne Karsten

has started its own garden - a raised bed garden outside the back of the Health Dept. The garden yield will be made available to anyone in the community. We'll be growing lettuce, beans, tomatoes, herbs, carrots, etc. Health Department staff will maintain the garden.

Gearing up early for second annual National Food Day, set for Wednesday, October 24. Hope to expand activities for this year. National Public Health Week big success: Highlights included hand washing campaign at local daycare centers and St. Mary's school; organized by 3 undergrads from Pine Manor who worked at health department this spring as part of internship

program. Sonya and Kate had fabulous, delicious "Expand your Palate" event at BHS that week. They can provide details. Helped promote Food Hunger banquet at BHS that week. Car Free School Day early in October. This year will put more focus on it as an international event, held in more than 20 other countries.

Recreation Dept- Melissa Battite

Brookline Bikes May 20

More inclusive programming with expanded therapeutic recreational activities and out of school activities including Zumba and rock climbing

Food Service –Sonya Elder

Two new laws will affect Food Services operations beginning August 2012:

- (1) A new Mass law sets nutritional standards for “competitive foods” (anything that competes with school lunch). This will affect a-la-carte offerings in the cafeterias, vending machine offerings, and anything served at schools during the time period of ½-hour before school through ½-hour after school. Fundraising activities (bake sales) may or may not be affected (to be decided). Sonya will use this opportunity to make a-la-carte offerings more uniform across the district. Sonya is getting feedback from Principals.
- (2) A new federal regulation sets nutritional standards for meals served as part of the school breakfast and lunch program. Sonya shared the Meal Pattern handout.

School Health-Kate Donnelly

Shared the HS prom rules and regs, now all students attending BHS proms, juniors and seniors, will take school buses to and from the prom. Any student attending the senior prom must attend the After the Prom Party till 3am to eliminate/minimize underage drinking.

Calendar:

Dates confirmed for Next Year: Weds at 8:30 Town Hall

Oct 17

Dec 12

March 20

May 15