

Wellness Committee Meeting
October 16, 2012
Town Hall 8:30-9:30am Rm. 103

1. Welcome to Alden and Introductions

Attendance:

2. Health Department updates- Lynne

A - Car Free School Day. With exception of Runkle which was in the midst of the major move, all schools participated. This year volunteers at Lawrence and Health schools included older students who wanted to participate. We added decals to the banners depicting flags from other countries to highlight that we are part of "International Walk to School Day." Several of the school coordinators noted that a valuable exercise it is for the schools.

B -National Food Day coming up on Wednesday October 24th. Highlights:

*Allandale Farm will be outside Town Hall (Noon - 3PM) with free samples of cider, and cider and apples for sale.

We will also exhibit Healthy Eating Plate and Climate Action Brookline will be present to educate about how to reduce one's personal footprint.

*Presentation at Brookline Senior Center: "Healthy Foods for Boomers and Seniors," to educate about how to cook healthy, quick meals rather than depend on prepared foods and takeout.

*Sue Levy, Brookline resident, health coach and owner of Savory Living, presents: "Secrets of the Vegetable Mom" twice at Hunneman Hall, Brookline Main Library, 4PM and again at 7PM. Attendees will learn easy ways to crowd nutrient rich foods into your kid's day; they will leave with ideas to create healthy meals and snacks that your family will love; and how to avoid common food traps.

* 7 & *8th grade students from St. Mary's will visit the Brookline Dept. of Public Health's garden to help with fall plantings (garlic bulbs and flowers). Nina Rhim, Lynne's intern this year, will do presentation to students about urban gardening; Lloyd Gellineau, co-leader of Health Dept's Garden, will oversee the plantings.

*Alden Cadwell, Food Services, is serving vegetarian chili in recognition of Food Day, also publicizing Food Day on school menu, his website.

*Rec Dept's Stephanie Springer will take her after-school program to Larz Anderson. Students will bring "garbage," see how composting works and take home ready compost to spread on trees, bushes near their homes.

*Health Department advertising "10 Ways to Celebrate Food Day in Brookline. Was on Chobee Hoy's ad page in TAB last week and will be on town kiosk this week and next. Among suggestions, going to final 2012 Farmers' Market the next day, Thursday, October 25 to shop and also to buy extra root vegetables to donate to the Brookline Food Pantry.

C - Mary Dewart, Climate Action Brookline, and Lynne had productive meeting with Janet MacNeil, Science Coordinator for K-8 schools. Plans underway to better integrate various public health and climate change initiatives with what's happening in the schools.

D - Work almost finalized for an ongoing Winter Marketplace to happen in the Arcade on Sundays from Nov. till start of outdoor Farmers' Market in Spring. Linda Plazonja, principal organizer of the successful Winter Marketplace last Winter, is leading this private initiative.

3. Food Services- Alden

4. Rec. Dept Updates-Melissa

5. Health and Fitness Updates- Teddi

6. Parent /School Update-

7. Health Services –Kate

Healthy start of the year.

- HS return to Academics Procedures in place .Working with Pete Rittenburg and Teddi to develop procedures in 7 and 8 Sports Concussion Management including return to academics and return to play.
- Starting hearing and vision screenings in K and 1.
- School nurses will each be contributing to the PTO newsletters to increase families awareness about what is happening in health services and will include some healthy tips. Look for Nurses Notes.
- In addition to fire drills, schools have started to practice their lock-down and evacuation procedures.

Next Meeting: December 12, 2012 8:15-9:30 at Town Hall

Agenda Suggestions: Please forward to Kate