

The Public Schools of Brookline
Wellness/School Health Advisory Council
Oct 19, 2011 8:30 am
Town Hall Room 103
Agenda

Wellness focus 10/11: Supporting student mental and behavioral health

- Implementation of anti-bullying PSB policy
- Promoting resiliency in our students
- Working with community partners
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Chair: Peter Rowe

Minutes: Teddi Jacobs

Agenda:

- 1) Wellness Focus -Peter
Goal Setting 11-12

- 2) Physical Education Health and Fitness_ Teddi Jacobs
 - One year ago during PD day two PhDs in neuroscience- associates of Dr. Ratey spoke at PD day. Many actions resulted; Pierce initiated a Spark team with faculty presentation at Pierce. Team educated PE teachers to bring Spark to their schools. Goal to increase activity during the day, increasing brain performance to increase learning readiness. EHS Spark Institute for 4 days in summer - 18 participants to increase understanding of neuroscience and related studies.
 - Dr Lupini arrived and supported bringing in Dr. Alex Thornton and Dr. Lindsay Shaw.
 - Presented at Admin meeting in August and first day of school to entire staff. Had a demo of tabata (cardio exercise burst). A grant from Brookline Education Foundation funded sending Teddi and 2 staff members (Elem. PE, BHS HF) to visit Naperville Oct. 27-28 which Chap. 1 of Spark talks about.
 - The Revolution- New Health and Fitness Course at BHS to improve Brain Performance is a cardio course using Spark evidence to improve learning.
 - Students have pre and post EEGs done along with other paper/pencil assessments; academic classes for 2 blocks following this class. Results are tracked.
 - Goal is providing access to all students. Rather than chairs in HS health class, using balance balls; also have a bike, bosu balls, and standing desks.

- Great additional teaching tool kit/ teaching strategy. Study shows that time taken for activity burst increases productive classroom time.
 - PD day Spark 1 –Intro to Spark
 - Spark 2-more learning followed by action planning for going forward
- 3) Health Department -Lynne Karsten
- Car Free School car free school day 50 parents participated
 - Foot print stamp for those that worked. Full size replica at Lincoln School.
 - Food Day: Foodday.org Oct. 24 11-3 Allandale outside town hall. Bountiful Brookline will show how to grow small gardens. Healthy Eating Plate.
 - National initiative next year
 - Pushing real food as opposed to food products.
- 4) Recreation Dept-Melissa Battite: www.niost.org/standards-and-guidelines
- Trying to mirror PSB snack and celebration policy
 - Healthier snack choices at swim meet dances, etc.
 - Happy to support guidelines
 - Updates- PGA golf in schools- Baker going to the course this year; Devo next
 - Spin room- HF, Adult Ed., Bline Rec- searching for instructors now
 - Another fantastic class- Bully Proofing Class to kids ages 6-12, take book home with scenarios and role playing (one day class); Done it after school at rec. center and library.
 - Inclusion programming- now have full-time therapeutic rec. specialist- will have social skill activities after school
- 5) Food Service –Kate Janisch
- K-8 only skim and 1% offered now
 - No coffee flavored milk at BHS
 - Now have gluten free pizza offered; must request by noon the day before
 - Café 47 is new pizza vendor this year; owned by Brookline parent; bring pizza to K-8 schools last Fri. of month; have requested change to whole wheat crust
 - Replaced BHS breakfast pizza with whole wheat crust
 - Last year had Wonder Smoothies and expanded to other schools (except Driscoll who doesn't have ala carte items).
 - New ice cream vendor- Garelick which is on A-list (best choice)
 - Next year- no ice cream at any schools due to new guidelines.

- BHS has new deli contract with Dietz and Watson; all gluten free and msg free
- including more vegetarian hummus (at salad bar and deli)
- No longer a supplier for tuna fish; will try a seafood salad at K-8 (already at BHS)
- Food Day- will do vegetarian mousaka at K-8
- at BHS will do the Nella pasta (from Jamaica Plain) - source all ingredients locally.

Next Meeting: Wednesday, January 11, 2012