

Wellness/SHAC Committee Meeting
December 12, 2012
Town Hall: School Committee Room 5th floor
8:30-9:30am

Attendance: Mary Minott, Lynne Karsten, Blanka Bogdanovich, Bettina Neufeind, Eric Rimm, Peter Rowe, Teddi Jacobs, Mellissa Battite, Kate Donnelly

1. Welcome-Peter

2. Health Department updates- Lynne

- Food Day events:
Outside Town Hall: Allandale Farm cider samples, cider and apples for sale to Town employees and others during lunch hour; Bountiful Brookline and Climate Action Brookline presented displays; 5 classes from Pierce visited event.
Health Department Employee garden: St. Mary's students were invited to learn about gardening and helped with fall plantings at garden that day.
Kids from Rec. Department after-school program helped with composting at Larz Anderson community garden
- Brookline Passport to Health and Fitness Program being offered for second year.
Sample 10 different exercise/fitness programs in Brookline Community for \$10.
- Climate Action Week: January 26 through February 2. "A Dirty Life" written by Kristin Kimball is Brookline Reads book this year, linked to climate change issues. Health Department will assist with display at Brookline Bank on Beacon Street promoting walking/biking in and around Brookline.

3. Rec. Dept Updates-Melissa

- New class Aqua Zumba offered at 7pm on Mondays.
- Sunday Zumba class
- Spinning-20 shared bikes , looking for instructor
- Parent Internet Safety class being offered
- Open Gym-more 6th grader participating
- Substance Abuse-Reaching out to parents thru Newsletter
- Requesting Olweus training for Rec. staff

4. Health and Fitness Updates- Teddi

- Attended a panel about artistic freedom with the headmaster, coordinators, teachers, FOPA parents and students.
- SPARK-Update: Held faculty meetings for Devotion School and BEEP.
- Traveled to LA area with a BEF grant:

- Visited and observed how Pico Elementary School incorporates exercise within their school day, beginning with 15 mins of cardio when the day begins. Also used a cardio-feeder review before Social Studies exam.
- Visited Sierra Vista Jr. High School and observed classes using heart rate monitors with Polar GX projection and HopSports systems; Also saw their CardioTheatre with students reviewing a PowerPoint for a Social Studies exam while working out.
- Visited HopSports and experienced their product.

5. Substance Abuse Prevention-Mary Minott

- In light of data from the 2011 BHS student health survey; Working with the Break free From Depression Group at Children’s Hospital, first with a staff training at BHS, then an evening forum for parents and community members on April 2, and finally to pilot a 3 session curriculum with peer leaders for possible use in freshman health.
- No smoking at BHS draft proposal: 300 yard- no smoking zone.
 - 1st offense-warning
 - 2nd offense-\$50 fine
 - 3rd offense \$100 fine
- B-Pen SAMSA grant runs out next September; Mary will be looking for future funding sources to continue this important service to the parent community in Brookline

6. Parent /School Update-Ms. Neufeld

Shared Food Day Festival at Lawrence, served plain but savory foods i.e. kale chips. Asked for clarification about celebration guidelines and new Mass Food Regulations.

7. Food Services- Alden

- Clarified some questions from parents about the new regs. Alden states that the regs. apply to those a la carte competitive foods that are “sold or supplied” by schools. Does not apply to individuals selling foods. Brookline as an institution is complying with the regs.
- Trying a few new recipes ie Kale Krispy and twice baked tater tot. filmed at Runkle. There is also a Source map that is web based that links to a geographic map.
- Eric Rimm suggests that nutrition be linked to the curriculum

8. Health Services –Kate

- ESHS \$100,600 grant is finishing a 5 year grant acycle but is e4xpected to be renewed for an additional 2 years. It presently funds nursing support , AED

maintenance, replacement and maintenance of hearing, vision, electronic thermometers and IT support for electronic records.

- Working on PE requirement and concussion management for 7 and 8 gr afterschool sports with the afterschool program coordinators/ PE.
- Suggestion to invite a member of The Brookline Center and a student to the next meeting.

Next Meeting: March 20, 2013 8:30-9:30 Town Hall

Agenda Suggestions: Forward to kate_donnelly@brookline.k12.ma.us