

The Public Schools of Brookline
Wellness/School Health Advisory Council
Jan 11, 2012 8:30 am
Town Hall Room 103
Agenda

Attendance: Peter Rowe, Melissa Battite, Lynne Karsten, Gloria Rudisch, Teddi Jacobs, Kate Donnelly, Erik von Hahn, Teresa Gallo-Toth, Blanka Bogdanovitch, Helen Delichiatsios, Eric Rimm, Sonya Elders, Brandon Fitts

- 1) Welcome -Peter
 - Role of Wellness/SHAC committee discussed.
 - Primary goal is to collaborate with different school and community partners to coordinate and communicate programming
 - Identify unmet needs and create goals as necessary.

- 2) Physical Education Health and Fitness-Teddi Jacobs
 - Spark Update-presentation at Baker Faculty Meeting on Jan.24. Tabata quick exercise burst. -----PE teachers were filmed at BATV for use by classroom teachers (after interns add animation).
 - Report on recent trip to Naperville by PE staff. Working on ideas to increase exercise throughout the school day, including within the curriculum.
 - Superintendent and principals support the research that exercise bursts facilitate learning.
 - The Revolution- Improving Brain Performance is the new BHS class where students do cardio in the a.m. before traditional academic classes; research study with PhD researchers (RTSG Neuroscience Consultants) measuring alertness/focus and academic success with the implementation of before school cardio. class.

- 3) Health Department -Lynne Karsten/Gloria Rudisch
 - Brookline Passport offered at \$10 for 10 visits to local dance, yoga and fitness centers.
 - Climate week Jan 21-29: “SHOP LOCAL, EAT SMART, MOVE MORE”.
 - Local vendors will sell pasta, honey,cheese. Recipes for health meals and biking info.

- 4) Recreation Dept-Melissa Battite
 - Introduction of Certified Therapeutic Recreation Specialist, Brandon Fitts. The Therapeutic Recreation Division of Brookline Recreation will focus on programs and services for children and adults with disabilities. Initiatives include both social and physical activity programs.

- “Brookline on the Move” Passport, close to 200 sold passports to residents age 18-90 yrs. 14 private agencies are participating.
- Parents expressed concerns about RAFT dance.
- B-Pen working with Recreation and 20 Rec department staff to support the Raft dances for middle schoolers. 450 students attended the first dance in October.
- Raft membership dues keep costs low or free for youth activities offered during the year.
- Partnered with Physical Education and Adult Ed to purchase 25 spinning bikes (basement of HS)
- Rec. offering free baseline Impact Screening to middle school students

5) Food Service –Sonya Elder/Kate Janisch

- Climate Week offering local, organic and vegetarian foods, including local ravioli, and wheat berry salad
- New Massachusetts Legislation in August 2012 requires restrictions on fat, calorie and sodium content on school a-la-carte, competitive foods (which includes any food served during school hours other than National School Breakfast and Lunch program meals)
- Will investigate a-la-carte options to accommodate new regulations (which will likely result in changes in a-la-carte offerings for 2012-2013.
- Climate Week offering Wheatbury Salad
- New Legislation in August 2012 requires restrictions on fat, calorie and sodium content on school ala carte, competitive foods and school stores.
- Investigating offering free fruits and vegetables

6) School Health-Kate Donnelly

- Monthly nurses notes in PTO newsletters that update parents on utilization and return to class rates and scheduled mandates (hearing, vision, scoliosis, BMI screening)
- BHS team examining concussion procedures for return to academics
- Refer parents to school health webpage for procedural guidelines, forms and wellness minutes.

Next Meeting: March 21, 2012 8:30am Town Hall

