

Wellness Committee Meeting – Meeting Minutes
March 12, 2014 8:30-9:30 am Town Hall Rm. 408 (4th floor conference room)
www.brookline.k12.ma.us/wellness-update

1. Welcome & Introductions – Peter Rowe (chair)

- List of attendees & emails at end of minutes

2. Updates (below)

3. December Wellness Forum Debrief & Next Steps

- Decreasing/Eliminating APs (June & Alisa)
 - not all parents want APs
 - facilitate parent discussion about this topic
 - BPEN
 - Series of focus groups
 - Involve Deb & Lenny
- Expanding Health Education
 - adding 1 class a week for grade 6
 - extension to 10th grade
 - letter to the TAB from parent (Alisa)
 - requests need to be specific -- expand mental health
 - use YRBS data (on BPEN website)
 - Alisa will draft and send to June
 - get in touch with other parents on committee (June will email)
 - Reframe Health & Fitness Dept. to “wellness”
- Better communication to students
 - Ability to text students
 - Method is used in colleges
 - Check with Scott (Mary)

Next Wellness Committee Meeting:

May 14, 2014 8:30-9:30 at Town Hall Rm. 111
Bring your calendars.

Updates:

1. Health Department Updates-Lynne

- Climate Action Week in January, 2014. Health Department hosted Climate Night at the Movies at BATV, with themes related to climate change: **Ferngully**, an animated film about the disappearance of rain forests, and **Addicted to Plastic**, a documentary about plastic and its impact on the environment. Brookline school students as well as adults attended the shows; we learned that several students had assignments from their science teachers to attend at least one Climate

Action Week event and these students had selected the movies. Great discussions after each movie.

- National Public Health Week, April 5 - 14. Events will include a free Family and Friends CPR/AED training on Sunday, April 6 at Schluntz Gym, BHS; the second Wellness in the Village fair at Town Hall on Saturday, April 5 highlighting health and wellness practitioners in Brookline Village, and a gardening event for children at the Recreation Department. Full list of events will be posted on town website and sent out via email.

2. Food Services Updates- Alden

- Produce from Allendale when winter ends (looking forward to Spring)
- Garden Starts
 - herb donations coming from Allendale
 - school garden plots at most schools

3. Recreation Dept Updates-Melissa

• Concussion Awareness & Education

The department continues to offer free base line screening to students in grades 5 and higher. Screenings may take place quarterly or individually by calling 617-730-2069.

• New England Youth Sports Concussion Forum

Thursday, May 8th, Gillette Stadium

We expect a large crowd from all over New England. *Flyer attached*

www.neconcussionforum.org

• Passport to Fitness

3rd Annual opportunity to purchase a \$10 pass to try up to 10 different local service providers. Enrollment is open. * Flyer attached*

• Now Hiring

Summer positions at Camps (day, nature, puppet, technology), swimming pool & golf course. Applications can be found on the web site www.brooklinerec.com

• Youth Outdoors Club *new

For teens 14-17 years; outdoor outings include hiking, camping, snowshoeing, canoeing .

• Running Club*new

For boys & girls ages 7-10 years old during May & June. Learn new skills, get exercise, have fun! We will go on runs through Brookline and as a group sign up for a road race to participate in at the end of the season. All skill levels invited.

4. Health and Fitness Updates- Teddi

Exciting news!

- Five of our schools received a BOKS Activation Grant, \$1000. per school, to create a before school activity program for our young students. BOKS (Building Our Kids Success) is an initiative of the Reebok Foundation and it's a structured activity program offered to students for 40 minutes before school. It also includes a nutrition component during the cool down phase.
- And, of course, the concept fits perfectly with our Spark related work! Let's activate those brains before engagement in the classroom. Devotion, Heath, Lincoln, Pierce, and Runkle had PE teachers who took the lead, applied with Principal support, and received the grant.
- We attended the training at Reebok Headquarters on Feb. 12. These schools will do one 12-week session this year- and more next year. Lincoln kicked it off on Feb. 25 with great success. Others will follow soon. You'll find more information at:
<http://www.bokskids.org/>

5. Health Services –Kate

Programming coordinated by BCASA and Health Services to support the social/emotional/behavioral needs of PSB students include;

- District wide training for Managing Non- Suicidal Self Harm Behaviors led by Barent Walsh on Dec 4. Procedural Guidelines developed for Self Harm.
- Wellness Summit December 5 in the MLK -brought 90 school staff and students, parents and community partners together to look at ways to support resiliency
- Bully-prevention kick-off in January 2014 with Dr. Mykee at BHS
- Response to Newton tragedy
 - Mental Health professionals sent to support staff and students
 - Support at BHS for students affected
 - Note to parents from headmaster offering support and resources
 - BHS table top for emergency response at BHS on a Friday Feb 28
- Forum April 8 Adolescents and the impact of legalization of marijuana
- Planning a K-12 PD on Psychological First Aid for SW, guidance, psychologists, nurses on April 9 (K-12 early dismissal).
- *Break Free from Depression* unit in ninth grade Health and Fitness class
- Faculty training in March 11, 2014: recognizing signs of depression and referral
- “Yellow Dress” performance addressing dating violence scheduled at BHS in March
- Mental Health Resource list developed
 - **Send Mary recommendations

6. BCASA/BPEN-Mary Minott

- Wellness Summit in December:
Report and next steps
- Forum:
April 8, 2014 BHS auditorium
Adolescents and Marijuana Use:
Legalization of medical marijuana and perceptions by our youth.

Attendees:

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