

**The Public Schools of Brookline  
Wellness/School Health Advisory Council  
March 21, 2012 8:30 am  
Town Hall Room 103  
Draft**

Attendance: Gloria Rudisch, Sonya Elder, Lynne Karsten, Kate Janisch  
Blanka Bogdanovich, Alisa Lincoln. Helen Delichatsios, Kate Donnelly

Chair: Dr. Gloria Rudisch

Minutes: Kate Donnelly

- 1) **Congrats** to Dr. Sonya Elder Director of Food Services. The Brookline Commission on Women's "Woman of the Year". Sonya states she was very honored to receive this recognition. Sonya will be honored on Thursday March 29 at 5:30 PM Hunneman Hall at the Main Library. Sonya shared her background and how she came to study nutrition. Sonya received her BS and MS in Biology from Stanford. She studied animal behavior at the Gorilla Foundation in California. She also worked on a NASA life sciences project, and moved to Boston for PhD in nutrition.
- 2) **Food Services-** Sonya Eder
  - "Pink slime" was named by a former USDA Inspector is lean finely textured beef, it is treated with ammonia and centrifuged to reduce the fat content and then it is processed into ground beef. The USDA states that the food product does not pose a safety issue. The USDA beef contains this but is available at minimal cost. Sonya will not use it in the future regardless of the increase in expense. Anything questionable, food services will donate to food bank.
  - Heath kitchen and cafeteria are being renovated, beginning in April, to be ready for Fall 2012. Food will be prepared off site and shipped there.
  - Phasing out Styrofoam, starting next month-purchased biodegradable trays.
  - Two new nutrition laws that Sonya will report on next meeting:
    - re: competitive foods
    - school lunch increase whole grains, vegs and fruit. Reduce Na
  - Brookline being reviewed by state happens every 5 years Nutrition, Health and Safety by DESE.
  - Expand Your Palate at Brookline High School, as part of National Public Health Week. Brookline's Food Services will feature a taste test table featuring healthy salads, entrees, etc., cooked from scratch. Thursday, April 5 during lunch. (Limited to BHS community.) Plus Make It Meatless on April 2 for K-8.
- 3) **Health Department-**Lynne Karsten
  - Lynne reported on the success of the Winter Market Place as Part of climate change week. Phenomenal event attended by 400 people.

Root vegetables and eggs from Allandale Farm and local honey and mushroom vendors.

- April 2-8 is National Public Health Week:

- Tee Off at the Library. Practice your putting when the Brookline Main Library, with assistance from the Brookline Recreation Department, is transformed into a mini-golf course for a weekend. Saturday, March 31, 7:30 PM, (Open to teens 7<sup>th</sup>-12<sup>th</sup> grades, Tickets \$5). Sunday, April 1, 8:30 AM, (Open to families with kids 5 and up, 4-person Family Tickets \$10). Brookline Main Library.
- Public Health “Myths” Quiz. Kick off National Public Health Week by taking the Public Health Quiz online at: [www.brooklinema.gov/health](http://www.brooklinema.gov/health). Begins Monday, April 2.
- Be a Germ Buster: Learn to Wash Your Hands and Cover Your Cough. Pine Manor College students present an educational program at Brookline Department of Public Health and at various local schools and daycare centers. Begins Monday, April 2. (Limited to certain preschools, daycare centers.)
- Healthy Eating for a Long Life: Can you reduce your risk of Alzheimer’s, Cancer, and Heart Disease by changing your diet. Kathy McManus, Director, Department of Nutrition at Brigham and Women’s Hospital. What are practical tips to integrate healthier eating into your daily life? Sue R. Levy, health coach, founder of Savory Living and a Brookline resident. Monday April 2, 1:00 – 2:00 PM, Brookline Senior Center, 93 Winchester Street.
- Emergency Preparedness Begins at Home. Featuring Dawn Sibor, Emergency Preparedness Coordinator, the workshop demonstrates simple steps to prepare for most emergencies, including plans to “shelter in place,” contents of an evacuation kit, and creation of a family communication plan. Tuesday, April 3, 6:30 – 8:00 PM, Denny Room, Brookline Department of Public Health, 11 Pierce Street.
- 9<sup>th</sup> Annual Hunger Banquet at Brookline High School. Learn about Food Justice, eat food from area restaurants and support the Brookline Food Pantry. Price of admission is a non-perishable item to benefit the food pantry. Dialogue about issues concerning food justice: pesticides, food insecurity, climate change. Tuesday, April 3, 6:30 PM, Brookline High School, 115 Greenough Street.
- Kick Butts Day at Brookline High School planned and implemented by BHS Peer Leaders. Brookline High School will celebrate the day with a school-wide event promoting freedom from tobacco among teens. Thursday, April 5. (Limited to BHS students).

- Employee Wellness Fair. The Town's annual Wellness Fair, sponsored by Human Resources, for active town and school employees to gain health-related information. Thursday, April 5, 12:00 Noon – 4:00 pm., First Floor, Brookline Town Hall, 333 Washington St.
- Rabies Clinic. A chance to bring your dog or cat to be vaccinated against rabies. All pets must be brought on a leash or in a cage by a person at least 14 years old. \$10 fee. Saturday, April 7: 9:00 AM – 12:00 Noon. Town Hall, 333 Washington St.
- Make it Meatless April 2 for K-8
- Expand Your Palate at Brookline High School. Brookline's Food Services will feature a taste test table featuring healthy salads, entrees, etc., cooked from scratch. Thursday, April 5 during lunch. (Limited to BHS community.

4) **Health Services:** Kate Donnelly

Webpage: [www.brookline.k12.ma.us/healthservices](http://www.brookline.k12.ma.us/healthservices)

- Reminder: “Why Not Pot? Marijuana and the Teen Brain”\_ B-CASA Community Forum featuring health professionals, other speakers. Parents, teens and the community are invited. Tuesday, March 27, 7:00 – 9:00 PM. MLK Room.
- Post Concussion Gradual Reentry and Return to Academics:  
Mary Lynch and Deirdre London, nurses at BHS, are developing a tool to assist students, parents and educators to create a post concussion plan that supports each student's unique needs after returning after a concussion. On March 13, we met with deans, guidance, Bryt, Huck White from the Brookline Center, the Athletic Director, Pete Rittenberg and the Team trainer. No student will return to athletics until they are fully reintegrated to full participation in academics without symptoms. Activity will be introduced as tolerated.  
A full faculty meeting met on March 13, led by Dr Neal McGrath and Pete to educate staff about the needs of student returning post concussion. Although most students will recover within 10 – 14 days, a few will have a longer recovery . Complete rest early on is critical.

5.) **Parent/ Community Partners:**

- Parent expressed concern Re: offering popular Breakfast for Lunch-pancakes, quesadillas, some processed food- Sonya stated that it is a very popular item and it is nutritionally sound but would revisit.
- K-3 March madness, yoga/dance, evening event at Pierce
- Spring fling Fund raiser- Fun Run 1 mile run. Baker
- Parents also very interested in start date for IMPACT testing at the Rec. Department. Ms Lincoln suggested that there should be a way to transfer the results of the initial impact to the HS so as not to retest students when resources for testing are limited.

**Next Meeting: May 16, 2012 8:30 am Town Hall**

