

**The Public Schools of Brookline
Wellness/School Health Advisory Council
March 9, 2011 10:30 am
Town Hall Room 103
Minutes**

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

Attendance: Peter Rowe, Teddi Jacobs, Sonya Elder, Kate Donnelly, Katherine Houle and Annie Eagle (BRYT) Gloria Rudisch, Melissa Battitte, Teresa Gallo Toth, Helen Delichatsios, Jenna Wilson, Blanka Bogdanovic. Eric Rimm, Kate Donnelly, Erik von Hahn

Agenda:

BRYT program—Brookline Resilient Youth Program: Katherine Houle and Annie Eagle

- A program at BHS in collaboration with the Brookline Center. Staff includes 2 social workers and a tutor.
- Students get referred thru the reentry process, a meeting in the nurse's office that includes a dean, guidance counselor, BRYT staff member and the nurse.
- The program offers short term support and advocacy for students at a critical time when they are re-entering school after a hospitalization for medical or mental health issues. Initially was funded by the Robert Wood Foundation.
- Case load is generally about 12 students. Program staff collaborates with families and school staff to create a plan to manage school demands after an extended absence.
- It's goal is to prevent re-hospitalization and the need for out of district placement.

Recreation: Melissa Battitte

- RAFT Teen Membership \$10 for photo ID \$7 to attend Rec. dance
Go carts—Haverhill trip for 6,7,8th gr. Recommended by Teddi
Open gym Nov-Marc
- Special Needs Teen Trips planned every two weeks i.e. Red Sox, Water country etc.
- Gloria suggested New England Circus Arts, offers trapeze, balance bar
- April 1 mini-golf for 12-18yo at Brookline Public Library. Includes henna tattoos, food and Wii.
- Baker School (Girls only- remove) golf program at Putterham golf Course.
- Putteham piloted a Girls only program this season
- Staff is reading and reviewing school bullying policy and implementing recommendations for the schools celebration guidelines.
- National Public Health Week
Safety Program-Live Injury Free educate about car seat, bicycle and water safety
Brookline on the Move

Health Department- Gloria Rudisch MD

- Thru the climate change initiative in late January, Health Dept. ran public health/climate change quiz, offered pedometers to those who completed quiz at new Koo Koo;s Nest in main library. Also was available throughout the schools emails lists.
- As part of planning for National Public Health week, 4/3-10, Health Dept. organizing free CPR/AED training on Sunday, April 3 at Schluntz Gym. Must register (up to 100). That's how many we had when we did this five year ago. Working with Rec. Dept, schools, on this. I will email you flyer and when the flyer is final, will send to members of Wellness Committee. We will advertise in press, town kiosk, through school email lists, etc.
- As part of National Public Health Week also working with Brookline Women's Commission to have evening program to encourage Brookline women to walk with their neighbors, friends. Will send info out through schools also. Speakers from local gyms, Brigham and women's Hospital.
- Green Teams at local K-8 schools will meet tomorrow night (March 9) to discuss next "green" event at schools.
- Gloria also reports that at a local conference it was suggested that physicians write PX for fruits and vegetables. Low income families could then receive fresh vegs at reduced prices.

Physical Education / Health and Fitness: Teddi Jacobs

- Working with JFM to insert bullying prevention into health curriculum. Olweus program is being considered.
- Let's Move in School-looking at collective time that students are moving in school each day and looking for efficient ways to improve; for increased health and brain function. <http://www.aahperd.org/letsmoveinschool/>
- Applied for BEF grant to implement lessons learned in SPARK (book about short bursts of aerobic exercise increasing learning readiness). PE teacher Amanda Grinstaff spearheading this at Pierce. Recommend using this pre-MCAS.
- Eagle Hill School with Dr. John Ratey and his research team have free 4-day workshop the third week of August
- New course being offered at BHS next year: The Revolution- Improving Brain Performance-will focus on improving cardiovascular health while improving readiness for learning. Based on research reported in SPARK by John Ratey MD.
- New Baker PE website:
<https://sites.google.com/site/bakerphysicaleducation/team-announcements>

School Health- Kate Donnelly

- **Re-entry procedure BHS:** proposing a K-8 procedure to support student's re-entry to school after a mental health or medical hospitalization.
- **Bullying Intervention Guidelines** and Incident Reporting Form adopted
- **Emergency protocols:** Reviewing and revising ,adding a tab compiling a 51A and Bullying Protocol

- **ESP program**-community based emergency services to help individuals suffering from mental health or substance abuse crisis. Eligibility: Medicaid/Mass Health, Medicare and uninsured.
- **Post concussion:** nurses working with Dr Neal McGrath, BRYT program and nurses to support student post concussion to promote advocacy and support for students who are stressed as they attempt to keep up with their peers and their studies. Dr McGrath will be meeting with Nurses on April 6 for PD to adopt a common language to educate staff about limitation that students experience post concussion. So that expectations are realistic and that students can be accommodated with breaks, reduced school day, decreased amounts of homework, rest periods etc.
- BRYT is hosting a symposium on March 28 that Dr McGrath will be attending

Food Service Update-Sonya Elder

- Chefs Move to Schools-Ken Oringer chef from Clio/Toro came to Devo to cook for and serve lunch to the students. Served his recipe of Fish Tacos. Promoted as a celebration of food.
- Climate Change: Supporting local foods i.e. squash ravioli and organic yogurt parfaits
- New child nutrition regulations will include requirements for competitive foods (i.e. a la carte foods, BHS school store and restaurant)
- Working on putting together bids/contracts for next year's services

Parent/Community Updates:

- Dr Delichatsios shares book by Michael Pollans "Food Rules". Quick witty words of wisdom about nutrition.
- Dr von Hahn clarifies the use of the BEST team if someone is eligible for evaluation by the BEST team they will not be evaluated in the emergency room by an in house physician but will be met by a member of the BEST team.
- Minutes: Committee recommends posting on School Health Web site and notes to SC to better inform stakeholders of our work. Questions will be forwarded to Kate Donnelly
- Membership: Increase parental membership by recruiting a rep for each school

Next Meeting: May 11 10:30 am Town Hall Room TBA