

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD
A collaborative approach to learning and health

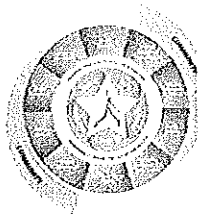
Health, Wellness and PYD Advisory Committee Meeting

September 26, 2017 / 9:00 am - 10:30 am

SHS Faculty Dining Room

Agenda

1. Minutes of May 2017
2. Introductions
3. WSCC Overview
4. Update Human Services
5. Food Services (Ben, Deb, Stephanie)
 - a. Transition off NSLP
6. Health and Wellness Website
7. Roundtable - Goals for the year
9. Meeting Dates December 6, Feb 27, May 24



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CHILD**

A collaborative approach to learning and health

Health, Wellness and PYD Advisory Committee Meeting

September 26, 2017 - Meeting Minutes

1. Those in attendance

PTA Co-Presidents

X Carolyn Caney

Past President/Town Issues

X Anne Spencer

Town-wide Co-Chairs

X Danielle Teplica X Michelle Benner

Bedford Middle School

X Cynthia Overgard X Karen Loscalzo

Coleytown Elementary School

X Jessica Wolff

Coleytown Middle School

X Jennifer Clark

Greens Farms School

X Kate Grijns X Julia Bath

Kings Highway School

X Karen Hossain

Long Lots School

X Candice Mannino X Kuku Fleming

Saugatuck Elementary School

X Rebecca Oren X Rory O'Neill

Staples High School

X Nancy Wilson X Stacie Curran X Victoria Cao – Student Rep

Westport Staff

X Annette D'Augelli X Ben Leahey X Christine Wanner X Deb VanCoughnett
X Ed Milton X Elaine Daignault X Stephanie Noto X Sue Levasseur
X Valerie Babich

Additional Attendees

X Allison Keisman

2. **Sue Levasseur opened the meeting. May minutes will be included with current minutes so that member can review them.**
 - Introductions were made.
 - Sue provided an overview of the Whole School, Whole Child, Whole Community (WSCC) model. She described the history of the Health and Wellness Committee, and how it has expanded and now embraces WSCC model and its components.
 - Sue shared that she was contacted CDC to be interviewed as a model for this committee, especially parent involvement. Last year we combined PYD and H&W committees and it has been successful so far.
 - Sue also reviewed the role of committee reps, which is to be a liaison with the PTA and the parent community. Parent reps are expected to share information from our committee with the parent body as well as share concerns from parents with this committee.

3. **Elaine Daignault, Director of Dept. of Human Services provided a description of services, including senior services, social services, and youth services.**
 - PYD coordinates programs and opportunities for parent education. There is a new coordinator, Annette D'Augelli, and she will gather input from parents and collaborate with committee co-chairs.
 - Elaine introduced Ed Milton, Staples Student outreach counselor, and described other DHS programs, including the Teen Center, Youth Commission, Teen Awareness Group (TAG), Youth Services Corp, and Kool to Be Kind.
 - PYD has also sponsored parent meetings with school psychologists but she and Valerie Babich proposed putting a hold on these meetings. Valerie explained that attendance has been dwindling over the years. She is looking for parent reps to join her and Elaine to help with programming for parents.

4. **Elaine also discussed the DHS Partnership with Positive Directions.**
 - They have a contract for 5 years to develop a strategic plan for substance abuse prevention, Positive Directions will be conducting a Youth Survey this fall with a random group of students in grades 7-12. There is a parent survey too and parents are encouraged to complete it and share their views.
 - As part of this collaboration, a parent presentation on vaping is being planned; there was some discussion about possibly bringing students and parents together for this topic. There is also discussion about a Risky Behavior Panel for middle school parents again this year.
 - Elaine inquired about the best way to share information with parents. Group discussed the possibility of a Facebook page for PYD (public page), parents stated that we should continue emails through PYDoings too; a PTA Facebook page has been discussed but there are many concerns. Parents reported that they can subscribe to district or school calendar and will feed into your own phone calendar (PTA can inform parents on how to do that).

5. **Deb Van Coughnett gave an update on Food Services.**
 - The district went off NSLP this year. They added snack items at elementary schools but decided to remove it because of feedback from parents (e.g., already getting snack

during the day, filling up on snacks.) Only items available now are snacks that were available as part of lunch -- e.g., cereal, cheese stick, yogurt.

- Chartwells lost state funds so are trying to maintain budget and not increase costs of school lunch.
 - They tried free cookie Fridays, which was developed to support students on free and reduced lunch and who sometimes cannot get snacks. This has been discontinued.
 - Salad bar is now offered at the elementary schools. It is given to the students but they choose what they want; parents shared concerns about it slowing down the line but cafeteria workers are not reporting that. All agreed that the salad bar is a worthwhile addition. Deb will look into whether this is a valid concern.
 - PTA will share the Back to School Food Service newsletter. Parent reps are also encouraged to share these changes in school lunches with other parents so that they are aware. Parent asked how many students are taking the fruit and vegetable now that it is an option. Deb can follow up.
 - At the middle schools, there are not that many changes. They added smoothies, and sushi once a month which has been very popular.
- Stephanie Noto, nutritionist, reminded the committee that she is a resource to parents and available for consultation and any community programs

6. Sue reminded the group that we have a Health and Wellness website.

- There are new PTA webmasters. Anne will send their emails.

7. Goals were discussed for the year:

- More targeted meetings to make best use of our time
- Possible name change now that H&W and PYD have been combined; Reps can think about it and we will revisit next meeting
- More opportunities to draw students outside during lunch, especially at CMS -- Sue will look into both middle schools and can discuss next meeting to see what we might recommend
- Victoria, student rep, described the prevalence of vaping at Staples, especially in the bathrooms, before and after school and bathrooms that are tucked away. Valerie and Sue can talk to James about closer supervision in the bathrooms. Youth survey will give us more data as these questions have been added; need more info about vaping.
- Sleep issues -- later start time; Christine has been having conversations with Dr. Palmer and will keep the group posted.
- Exercise during the day at the high school -- explore options.
- Concerns about lack of supervision at football games and drinking -- what can we do? e.g., search bags or not allow them? TAG message -- "Remember the game" campaign to make pledge to not pre-game.

The Whole School, Whole Community, Whole Child Model

The Whole School, Whole Community, Whole Child (WSCC) model is an expansion and update of the Coordinated School Health (CSH) approach. The WSCC incorporates the components of CSH and the tenets of the ASCD's* whole child approach to strengthen a unified and collaborative approach to learning *and* health.

The WSCC model focuses its attention on the child, emphasizes a school-wide approach, and acknowledges learning, health, and the school as being a part and reflection of the local community.

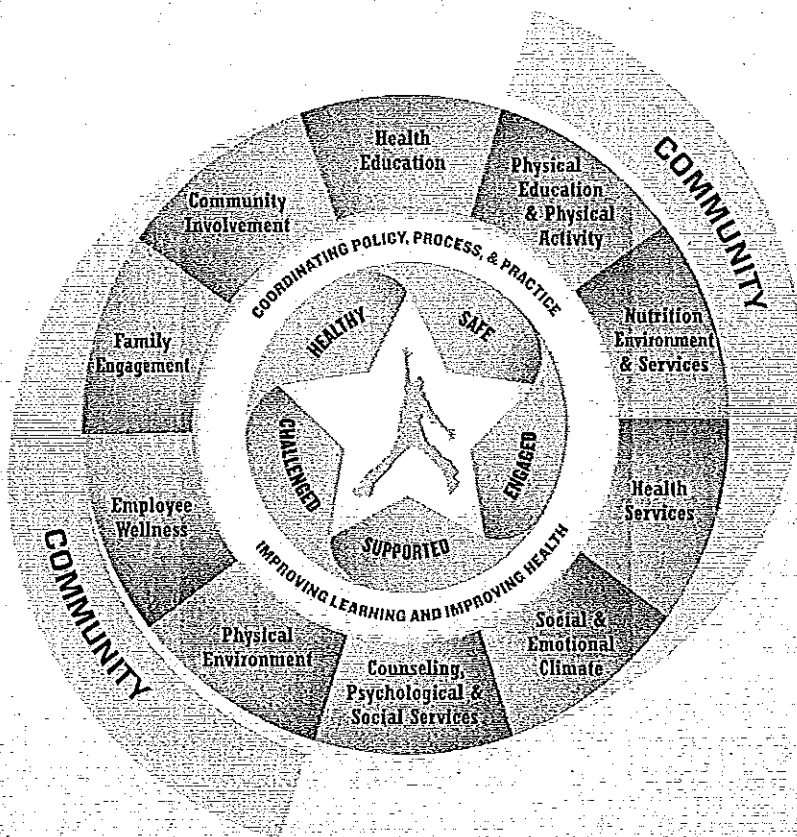
WSCC: The Model

Schools, health agencies, parents, and communities share a common goal of supporting the health and academic achievement of adolescents. Research shows that the health of students is linked to their academic achievement. By working together, the various sectors can ensure that *every young person* in every school in every community is healthy, safe, engaged, supported, and challenged.

The WSCC model accomplishes a number of important objectives:

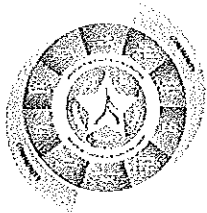
- It combines the "Whole Child" model from ASCD with the CSH approach used by many in the adolescent and school health field.
- It emphasizes the relationship between educational attainment and health, by putting the child at the center of a system designed to support both.
- It provides an update to the CSH approach to better align with the way schools function.

Whole School, Whole Community, Whole Child Model



- The child in the center is at the focal point of the model; the child is encircled by the "whole child" tenets in green: being "healthy, safe, engaged, supported, and challenged."
- The white band emphasizes the alignment, integration, and collaboration needed among the school, health, and community sectors to improve each child's learning and health.
- Represented in the blue, the multiple school components surround the child, acting as the hub that provides the full range of learning and health support systems to each child, in each school, in each community.
- The community, represented in yellow, demonstrates that while the school may be a hub, it remains a focal reflection of its community and requires community input, resources, and collaboration in order to support its students.

*Formerly known as the Association for Supervision and Curriculum Development



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Health, Wellness and PYD Advisory Committee Meeting

December 6, 2017 / 9:00 am - 10:30 am

SHS Faculty Dining Room

Agenda

1. Follow up

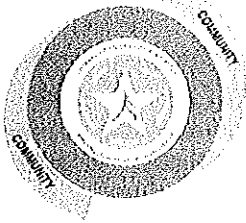
- Vaping presentation
- Opportunities for students to go outside during lunch
- PYD subcommittee regarding parent presentations
- Sleep issues committee
- Concerns about lack of supervision at football games
- Possible name change for committee

2. New agenda items

- Tuna in sushi
- Idling recommendations

3. Roundtable

- Current issues



Health & Wellness Meeting – Sign-in Sheet

December 6, 2017

9:00 - 10:30 am

SHS (Faculty Dining Room)

[please return to Kim Strazza]

Signature

PTA Co-Presidents

Candace Banks

Carolyn Caney

Past President/Town Issues

Anne Spencer

Town-Wide Co-Chairs

Danielle Teplica

Michelle Benner

Bedford Middle School

Cynthia Overgard

Karen Loscalzo

Coleytown Elementary

Annalyce Loretto

Jessica Wolff

Coleytown Middle School

Jennifer Clark

Kathy Denke

Greens Farm School

Kate Grijns

Julia Bath

Kings Highway School

Barbara Lincoln

Karen Hossain

Long Lots School

Candice Mannino

Kuku Fleming

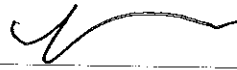
Saugatuck Elementary School

Rebecca Oren

Rory O'Neill

Staples High School

Nancy Wilson



Stacie Curran



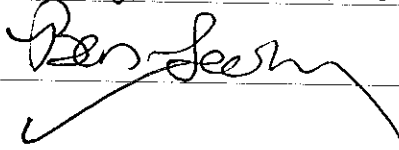
Victoria Cao - Student Rep

Westport Staff

Annette D'Augelli



Ben Leahey

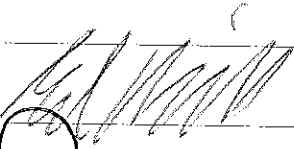


Christine Wanner

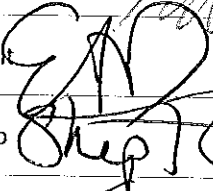


Deborah VanCoughnett

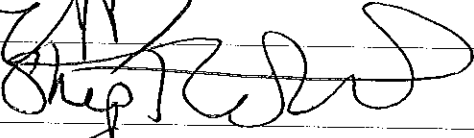
Ed Milton



Elaine Daignault



Stephanie Noto

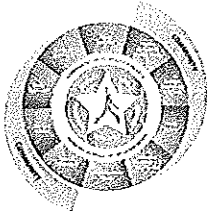


Sue Levasseur



Valerie Babich





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Those in attendance

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X Danielle Teplica X Michelle Benner

Bedford Middle School

X Cynthia Overgard

Coleytown Elementary School

X Annalyce Loretto

Coleytown Middle School

X Jennifer Clark X Kathy Denke

Long Lots School

X Candice Mannino X Kuku Fleming

Saugatuck Elementary School

X Rory O'Neill

Staples High School

X Nancy Wilson X Stacie Curran

Westport Staff

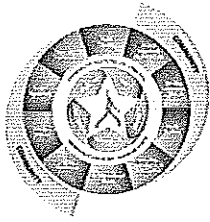
X Annette D'Augelli	X Ben Leahey	X Christine Wanner	X Ed Milton
X Elaine Daignault	X Stephanie Noto	X Sue Levasseur	X Valerie Babich

Follow up

- Vaping Presentation
Presentation was well attended with positive responses. The group felt that John Hamilton was great and would love more presentations from John Hamilton. Parents felt the handout was very helpful. A Narcan training is scheduled on January 11th. Dr. Potee who is an expert on addiction will be coming on January 6th. The risky behavior panel is scheduled at Bedford Middle School on Feb. 28th at 7pm.
- Opportunities for recreation at lunch
Both Middle schools allow for 15 minutes of recreation after lunch.

New agenda items

- PYD Offerings
Hot Topics were picked and a survey will be sent to parents. Some topics are: teen sexuality, underage drinking, understanding emotions. The survey will be done after break. Outside speakers may be brought in for these topics.
- School Start Times
A committee has been formed. We are looking at many areas of impact. A transportation study will be done. The meeting will be public. A recommendation will be made to the superintendent by June. The committee would like to forward information that they may have to members.
- Supervision at Football Games
Mr. D'Amico stated that many administrators are there and are watching out for students. TAG students also had a petition that they signed named "remember the game." It was suggested that this could be a discussion with Mr. D'Amico at a coffee.
- Name Change of Committee
The title Health and Wellness/Positive Youth Development is too long. The group is still discussing new name.
- Tuna in the Sushi
A concern was raised regarding the amount of mercury in the tuna served at the middle school. It is served once monthly. The nutritional guidelines were discussed and distributed and was noted to be below the recommended amounts. A note can be placed on accounts so students are not allowed to purchase at parent's request. The district medical advisor and district dietitian reviewed these guidelines as well.
- Idling
It was shared that Wilton has a town initiative on idling. Tools for Schools also has a policy against buses and cars idling outside of school. It was suggested that it go in the PTA newsletter and PYD will also share the information. Sandy Evangelista will also be contacted to remind bus drivers.
- It was suggested that the elementary level have its own committee. The group agreed that they may meet as a subcommittee as needed and suggest topics for the agenda. It was also suggested that if there is a topic of concern within any school it can be addressed by the school counselor or staff as a presentation.
- The Book Clubs have been successful. Great time for a discussion. These are well attended. PYD Westport has a facebook page and could advertise these things.
- A suggestion was made about DARE and continuing the program. Chris Wanner will bring the health curriculum to the next meeting.
- A suggestion was made to bring "ANGST" about student anxiety to Westport.
- A suggestion was made to look closer at the elementary school lunches and what kids are buying. This will be done at the next meeting.



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February 27, 2018 - Meeting Minutes

1. Those in attendance

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X Carolyn Caney

Past President/Town Issues

Town-wide Co-Chairs

X Danielle Teplica X Michelle Benner

Bedford Middle School

X Cynthia Overgard X Julie Podziba

Coleytown Elementary School

Coleytown Middle School

X Jennifer Clark X Kathy Denke

Greens Farms School

X Kate Grijns

Kings Highway School

X Karen Hossain

Long Lots School

X Kuku Fleming

Saugatuck Elementary School

X Rebecca Oren

Staples High School

X Nancy Wilson X Stacie Curran X Victoria Cao - Student Rep

Westport Staff

X Annette D'Augelli X Ben Leahey X Christine Wanner X Deb VanCoughnett
X Ed Milton X Elaine Daignault X Sue Levasseur

Additional attendees:

Alison Keisman - Guest parent

Karen Kleine - Board of Ed

Bill Tomlinson - Chef Manager, Chartwells

2. Start Time Committee Updates

The committee continues to meet. At the next meeting a transportation consultant will be providing an overview of implications of different start times on transportation. Minutes can be seen on the website.

3. Health Education

The health education curriculum was reviewed. It was suggested that more information be given to parents about when different topics are being reviewed so that they can help to reinforce at home.

Dr. Potee's presentation was very well received. The group would like to bring her back for students and families in the Fall.

4. Upcoming Presentations

The Risky Behavior Panel will be on Tuesday, February 27 at 7:00pm at BMS and DBT Skills in Schools; by Dr. Alec Miller will be on Thursday, March 8th at 7:00pm at BMS.

5. School Menus

A system has been put in place to review new menu items proposed for Chartwells. Chartwells Director as well as head chefs and the registered dietician will meet with Chris Wanner and Sue Levasseur to review new items for nutritional guidelines and other considerations.

A suggestion was made to remove "smart water" due to students thinking it is healthier than it is. It was explained that it is part of several different water offerings. It was also suggested that Westport go "green" and remove all water bottles. It was discussed that presently many students choose to fill their own water bottles and there are filling stations around the school. An initiative for recycling was also discussed.

6. Health Related Surveys Update

The PYD Hot Topics Survey and the Westport Youth Survey on Substance Use have both been completed and results should be in soon.

The School Health Index (SHI) is part of the district strategic plan and is in progress. There are sections such as community involvement and family engagement. Volunteers were requested to help complete this. An email will be sent to the group asking for volunteers.

7. Follow-ups

Sandy Evangelista was contacted regarding the idling of buses. She will remind the bus company but also shared that in certain temperatures buses are allowed to idle longer due to extremes in cold and heat.

The Angst Documentary was viewed by school staff. It was not recommended for parents at this time.