



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

Health, Wellness and PYD Advisory Committee Meeting

Oct. 11, 2018 - Meeting Minutes

1. Introductions were made

2. Mission and Vision

Sue discussed the scope and mission sharing the "Whole School, Whole Community, Whole Child Model".

3. Chartwells Update

There is now a fresh salad bar at all elementary schools that is well-liked by all and a big success. There is also a new program called "made fresh right here". Many foods made on site. All fresh fruits. All food items are tracked for participation from students. New homemade hummus without sesame is used to avoid allergens. Farm stands in place from Wakeman Farms at schools. Many vegetarian choices. Chartwells is willing to come to PTAs to discuss menus and also meet with families individually.

Discussion as to accommodating students at BMS. New waves added at both schools. May pre-toast paninis to expedite the process. Breakfast is brought down to 8th grade wing at Staples.

4. PYD Update

Parent programming discussed. On October 15th, The Resilient Mindset Model will be offered. Other presentations include Vaping and Understanding anxiety, John Hamilton and Dr. Ruth Potee will also be coming back.

Journal or article talks by school psychologists are another option that may be offered to parents.

Westport Youth Commission, iMentor program for 6th graders, and TAG at Staples were discussed.

The list of programming will be distributed through the PTA. A day before reminder was also suggested. Also suggested a way to get a text alert.

The Mental Health Breakfast is October 16th. There will be a night time program (Resilient Mindset Model) the night before. Parents encouraged to attend even if their children are younger. Working on broadening the scope for elementary aged children

5. School Start Time Committee Update

The committee is still working on optimal school start times for students. Dr. Susan Rubin spoke to the community last night to discuss health benefits. It was recorded and added to the website. Four recommendations are being discussed. Recommendations will also be posted.

Discussion as health/PE curriculum and choices students can make such as longboarding, yoga, archery, wellness walking. The importance of the programming done during the school day discussed as well as it's link to academics. New state graduation requirements creates a challenge to get everything in. Data supports the health/PE programming.

A suggestion was made to allow students to utilize the fitness center during free periods. Barriers such as liability if there is no supervision as well as space was discussed.

6. Goal suggestions for the 2018-19 school year

Assure support for students and staff of CMS/BMS due to the building changes. It was also suggested that we let students know frequently what is going on. May use Message Board for this.

Recess time was discussed and the opportunities to have more. Recess is part of the wellness policy but extending time is doubtful due to other competing demands for time.

RULER approach was discussed. A parent program is set for November 1st. A group of parents were trained at Yale and are helping the district facilitate this initiative.

Reducing the sugar in the elementary school lunches. Will place this topic on the next agenda.

Student issues: Vaping and binge drinking. Anxiety remains an issue. It was also suggested that some students opt out on all the college board mailings if this is found overwhelming.

7. Action Items--

Web page revisions---Allison

Assure there is communication updates for CMS students as to building status and future plans. Sue will speak to Ms. Szabo about this.

Future Meeting Dates:

December 6th
February 26th
April 30th

1. Those in attendance

PTA Co-Presidents

Carolyn
Caney

Past President/Town Issues

Town-wide Co-Chairs

Allison Michelle Benner
Kiesman

Bedford Middle School

Julie Podziba
Cynthia
Overgard

Coleytown Elementary School

Sivan Hong

Coleytown Middle School

Jennifer Clark
Karen
Hussain

Greens Farms School

Heather
Bauer

Kings Highway School

Alice Sekhar

Long Lots School

Kuku Fleming
Candice
Mannino

Saugatuck Elementary School

Staples High School

Stacy Curran Student - Victoria
Cao

Westport Staff Sue Levasseur, Christine Wanner, Valerie Babich, Deb Van Coughnett, Stephanie Noto, Bill Tomlison

Additional attendees: Elaine Daignault, Kevin Godburn, Annette D'Augelli