



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

Health and Wellness Committee Meeting Minutes

12-6-18

- Chartwells team addressed parent questions about how to reduce sugar in school lunches. They expressed concerns about high level of sugar in juice, fruit punch, and yogurt parfait. Stephanie Noto clarified naturally occurring sugars in fruit and yogurt vs sugar in soda. She noted that the school follows US dietary guidelines and all sugar content are within regulations. Parent were reminded that if they don't want child to have juice, they can let Chartwells know and they will not provide it. Parent requested Chartwells use plain yogurt vs vanilla. Chartwells agreed to offer plain yogurt parfaits and see if students continue to purchase them. They explained that they follow the guidelines even though this is not on National School Lunch Program, and try to balance guidelines with what children will eat. The team will also consider whether we need to offer fruit juice given we offer fruits, maybe reduce offering to less often, and will look at chocolate milk too.
- Reviewed results of School Health Index from CDC, which was led by Christine Wanner, Valerie Babich and Sue Levasseur with input from school administrators and parents. The score card for the district was shared. Ratings are generally high, lowest area was employee wellness, which indicated more focus on students than staff. Christine discussed plans to improve employee wellness, including access to fitness center before and after school for staff, and share a wellness newsletter with staff with some ideas (e.g. food, exercise, stress management). Small groups of staff have engaged in weight loss, running clubs but not consistent across the district

Concerns about teacher wellness in the middle schools was raised. Christine reviewed steps being taken to reduce stress such as schedule changes, and creating more spaces for teachers to work. Family engagement domain was discussed. A parent suggested that the committee generate more family resources. If you are interested in working with a sub group on this topic, contact Valerie.

- Annette D'Augelli provided PYD updates. She reported on recent presentations including Resilient Mindset, Delay your Gray, Vaping. PYD is struggling with how to increase attendance. They have been sending information to PTA to help get the word out, and sent out a survey through PYDoings on how to increase attendance and topics of interest. It seems that the most popular time is day time, or second would be evening; webinars and podcasts were of interest. Upcoming presentations: Dr. Ruth Potee 1/17/19, and Tracey Massella in March on temperament and anxiety. A request was made to be very specific as to when it is appropriate to bring children and what ages. Annette stated that she feels it is helpful when school admin attend programs and promote these programs, shows school support. Some parents wondered if maybe less attendance due to so many meetings around middle school.

- Internet Safety/social media presentation by State Trooper Kate Cummings was discussed. Those who attended felt it was an excellent presentation. Wait until 8th movement was discussed as a way of discouraging parents to not provide access to social media and a phone with full internet access until 8th grade. Some parents at KHS signed the pledge last year. There was a discussion about how to keep it moving and gain more parent support. The committee agreed that this needs to come from parent community and need to start earlier in order to change the norm, such as all agree no phone use in car pools or at birthday party. It was suggested that a subgroup be put together to tackle this issue, with parent reps from each elementary school. Allison Keisman will gather names and Valerie Babich will join the group to see how school psychologists can support these efforts and provide information. Questions were asked about how we get this information to students and Christine described what topics are in the health curriculum in middle and high school classes, such as sexting, bullying, gaming addiction, social media, decision making. Middle school developmental guidance lessons also cover these topics. Teen awareness group (TAG) and Youth commission (ii Mentors program for 6th graders) also cover these topics with students. Parents asked Staples policy around cell phone use in class. Some teachers do request for students to put phone away but not consistent. Many students now have iwatches so don't mind putting phone away because they are still connected.
- Christine Wanner provided update on School Start Time Committee. They recommended that no school start before 8am. Christine and Sue worked on a white paper with findings and will get approval at next meeting. The committee needs to know what is happening with middle schools before they can propose changes. It is not clear whether timing will allow for changes for 2019-20
- Webpage revisions--Allison Keisman will follow up with Sue about changes that need to be made

Open topics:

Graduation requirements:

- There are changes to the overall state graduation requirements for incoming freshman which may affect several content areas
- For Health and PE the current state requirements are .5 in health and 1.0 in PE
 - Currently, SHS has a 3 credit graduation requirement in Health and PE
 - .75 in health
 - 2.25 in PE
 - The graduation requirement committee made the following recommendations in Health and PE for incoming freshman:
 - 1 credit requirement in health education;
 - 1 credit requirement in PE
 - Additionally, the committee recommended a 1.0 Wellness credit which would include:
 - .5 PE elective
 - .5 Wellness elective such as music, culinary arts, fine arts, PE, health.
- Graduation requirement recommendations will eventually go to the BOE. If the graduation requirements are approved by the BOE as written by the committee, the requirement for Health and PE courses will be reduced from 3 credits to 2.5 credits.

Health curriculum: Parents asked about whether pornography addiction is being addressed in health curriculum now and Christine stated new lessons have been added to address this concern.

Future Meeting Dates:

February 26th

April 30th