



## WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD

*A collaborative approach to learning and health*

Present at meeting: Stacie Curran, Annette D'Augelli,, Kate Grijns, Karen Hossain, Allison Keisman, Ben Leahey, Sue Levasseur, Alick Sehkar, Christine Wanner, Adrienne Tober, Nancy Greenspan Wilson, Alice Sekhar, Deb Van Coughnett, Rachel Franks,Cristen Chittenden, Kevin Godburn, Brynne McClanahan, Elaine Daignault, Marrassa Lambert, Ali Feder (student), Valerie Babich, Christine Wanner

9-25-19 Agenda Minutes

### 1. Introductions and Mission

- Introductions were made; the Mission Statement and role of PTA reps were discussed. The website was displayed and the role of sub-committees was discussed.

### 2. Chartwells update

- a. Bedford Middle School - Added some lunch waves and new tablets to make the line go quick. Increased staffing also provided.
  - b. SHS- Added Sub station and students can pre-order. Also open after school
  - c. Working with farmers to get local deliveries and making innovative dishes with the farm goods "Farm to Chef".
  - d. Student choice - Student's vote on what they like through an interactive program after taste testing.
  - e. National School Lunch week October 14th. Certain administrators will serve lunch to students.
  - f. Doing education as to what foods affect moods.
- Suggestions as to sending things to PTAs to send out blast in Newsletter. Dr. Babich to send out e-mail list and messaging from Chartwells will be sent out.

Another suggestion was for families to have an opportunity to tour the cafeteria. Reps will bring this suggestion back to the school.

### 3. Human Services

- Rebranding of Positive Youth Development. Elaine Daignault did an historical perspective. New Logo "Westport Together" School Community partnership. Will be pitched to PTA council next week. Will be a Hub to get information out to parents and families. Working Logo was passed around.

Upcoming Presentations

- Tonight- Vaping presentation from Yale . Presentation is to parents and students 142 registered. Will be recorded and available for all.

- October 23rd. Dr. Michelle Allbright will speak about parenting and stress. For parents of all ages and especially elementary parents. Michelle worked with Marc Brackett.
- TAG will be doing a distracted driving event for all students to prevent distracted and drunk driving. November 25th will be doing a dodgeball event with the police and other agencies. Another event is “remember the game” to address not using substances during Sporting Events.

#### **4. Graduation Requirements**

- PE and Health Education was reduced from 3.0 credits to 2.5. An emphasis will be placed on skills such as self advocacy, dealing with pressures, social pressures and mental health. More electives in the PE program will be offered such as dance, yoga, high performance fitness, lifeguarding along with other required components. The hope is that the increased electives will start in 10th grade

#### **5. Vaping**

- Addressed in health education comprehensively. Discussed how parent input is very valuable and important that all is having the conversation.
- Human services is offering a Vaping Cessation program that is done from the Caron Foundation. Discussion as to installing the detectors.

#### **6. RULER/CONNECTIONS**

- By next year RULER will be fully completed in elementary schools. Also being utilized in the preschool. Middle schools are committed but hitting some barriers with time. Also want to move it out into Specials and all other areas. October 22nd Marc Brackett will speak on his new book at Westport Arts Center (now MoCA). RULER is also being rolled out in the community such as the library, MoCA and the Y.
- Connections is being held successfully at the high school. Suggestion was made as to moving this down to the middle school.

#### **7. Healthy Technology Subcommittee**

- Last year initiatives to educate 5th grade parents about issues around buying a Smartphone for students entering middle school. Committee to continue to work on this year.

#### **8. GOALS**

- Discussed a district wide book club “How to Raise an Adult”. Author will be at Ridgefield High School on March 26th .Discussion as to have the author come here to culminate the end of the book club. Discussion as to forming a sub committee to help get them off the round, Karen, Allison, Nancy and Adrienne will start the planning.