

## **Carlisle Public Schools**

### **Wellness Committee Meeting**

Date: Monday, November 14, 2022

Meeting Started: 3:15

Location: Grant 209

### **Meeting Minutes**

**Attendees: Meghan Laughlin, Dana Meyer, Lauren Sawyer, Mary O'Regan, Lori Aquavella, Sue Robichaud**

- Welcome & introductions
- Requests for additions to the agenda
  - Sue mentioned she will be audited soon. They may want her to update the wellness policy for the cafeteria. The current policy was shared.
    - Mary shared that the school committee reviews policies every 3 years. The policy subcommittee reviews the policies and brings the updated version to the full school committee. Also shared that MASC has draft policies. This policy does not mirror theirs. Sue believes the State will want a more comprehensive policy.
- Department updates
  - Health Office – Just finished vision, hearing and height/weight screenings. Meghan asked if Lauren is still looking for a vaping presenter. Lauren is working on it. Sue asked if vaping was more harmful than cigarettes. Meghan explained how vaping came to be and some of the side effects that are known at this point. Lauren and Lori D. found some old cards that were used as a fundraiser. Students would draw a picture and then parents can order cards with the artwork. Discussed possibly fundraising in order to buy small treats for staff from the Wellness Committee.
  - Food Service – There will be 2 audits this year by DESE. First one is this week, not sure when the 2nd one is going to be. Sue expects that they will want her to expand the Wellness Policy as it pertains to the cafeteria. Lunch is still free this year but it will probably be the last year. Free/reduced lunch numbers are a little higher than normal.
  - Health Education – Working on internet safety with 5th grade students. Meghan feels it should be taught earlier since students have access to a lot of websites/apps at a younger age. 8th grade is covering how to access reliable health information online. 6th grade is working on nutrition and advertising literacy. They are very interested in food advertising.

- Staff wellness updates
  - Overview of past events – In the past we read the book Atomic Habits as a community. Would like to have some events moving forward related to wellness. Staff events that have already taken place were a lanyard making event and a pie potluck. Trying to have 1 event per month. Talked about organizing a walk after school. We could poll the staff for ideas. Custodial staff would like to participate in an event if it were on a Saturday. An outing at Magic Brush was discussed as a possibility.
  - Upcoming events
    - Thanksgiving potluck will be on Monday, November 21
    - After-school social at Eviva Trattoria on December 2
    - Secret Snowflake gift exchange will take place mid December.
  
- Review [Carlisle Public School District Wellness Policy](#)
  - Per Jim O’Shea: *What are [our] thoughts? Is there anything we [as a district] should be doing that we are not? Are there any recommendations you would make to the Policy Committee?*
  - *Talked about whether food celebrations are allowed in classrooms. Discussed how some of the classroom teachers incorporate food into their lessons. Maybe we should look at other districts and what their food policy is. Meghan pointed out that the Nutrition Education paragraph of the policy refers to a program for all grades. Carlisle does not have any type of health/nutrition class for elementary students. Mary said other districts house their policies on the MASC website. We can look at other wellness policies for ideas on refining our policy. Meghan will create a shared document to put our thoughts on changes to the Wellness Policy and then it can be shared with Jim. Sue expects that when she has her audit they will ask for changes to the policy.*
  
- Committee priorities for the 2022–2023 school year
  - Student and staff mental health
  - Potential for parent involvement
  - Potential for middle school student involvement
  - Additional suggestions
  
- Future meetings:
  - Monday, January 9th
  - Monday, March 13th
  - Monday, May 8th

- Meeting Adjourned: 4:18 pm