

Wellness Committee – Meeting Minutes March 27, 2018

Meeting attendees:

Will Verbits (Chair), Director of Student Support Services
Lori Aquavella, Administrative Assistant
Kathy Horan, School Nurse
Lori Desjardin, Nurse Assistant
Susan Robichaud, Food Services Director
Kathy Aeschliman, Parent

Meeting Notes:

Will explained the history and reason why the Committee Meetings are held after school. Kathy suggested adding a 4th meeting during the school year and hold it in the morning. There is the possibility of having 2 meetings in the morning and 2 in the afternoon.

Mrs. Aeschliman mentioned there is a parent group that have questions how their concerns align with the wellness policy.

News/Updates from the Kitchen

- **Healthy Snack List:** Mrs. Aeschliman has developed a list of healthy snacks to provide to parents. There was a question about whether peanut butter is permitted in the cafeteria. The allergy policy states it can be brought but consumed at a separate table. There was a question about why kids with snacks that don't list the ingredients are eating in the hallway instead of the classroom. If it is a homemade snack then the child must eat it outside of the classroom. We will review the healthy snack list at the next meeting.
- **School Lunch Survey:** A survey was created with input from parents and the Superintendent. It hasn't gone out yet. Hopefully a lot of families will complete the survey and we can discuss the results and any action steps.
- **Meeting Notes:** Would like to see the meeting notes emailed and/or posted on the website. Will to look at where on the website they should be posted and have tech post the notes.
- **Garden:** Would like to have a parent sign up list for the school garden over the summer. Launa Zammaro oversees the garden and composting in the kitchen. She does have difficulty getting families to attend to the garden during the summer. Action Step: Will to get in touch with Launa about getting help over the summer.

News/Updates from the Health Office

- K-5 Health Curriculum: The State has a health curriculum for grades K-5 that dates back to 1999. The State is working on updating the curriculum with input from school nurses. Maybe the wellness committee should work on updating the curriculum that is taught here. A survey could be sent to the teachers to find out what they are teaching currently. A new science curriculum was bought by the district last year. We could see what it covers. Having the preschool kids involved in the garden can tie into nutrition being taught. Would like to send out the state curriculum to the teachers to look at and think about and then each committee member could attend a team meeting to discuss what is being taught. It may have to wait until early September because class placement is taking place right now. The results will need to be shared with the Administration to decide how to proceed. Kathy suggested contacting the state to find out when the new frameworks will be released.
- SBIRT Screening: Just finished the SBIRT screening. 60 kids took it and only a few opted out. The information that goes back to the State is the amount of positive responses to each question. There will be a state report that should be shared at a future School Committee meeting.
- Update on School Nurse Position: The posting went out in January. The committee met on 3/26/18 to review the resumes and identify individuals to interview. There were a lot of applicants who are not certified as a school nurse or have school nurse experience. Hoping to put forth 2 finalists and possibly have them shadow Kathy Horan and meet with staff and parents. The final step will be meeting with the Superintendent.

Brainstorming Future Agenda Items

Lunch survey

Healthy snack list

Invite Launa Zammaro about the garden/compost project