

Wellness Committee – Meeting Minutes March 28, 2017

Meeting attendees:

Nancy Anderson (chair)

Kathy Horan

Lori Desjardin

Sue Robichaud

Donut Sale

There is a sign right outside the Student Support Services office advertising a Donut Sale. We believe that there is a school policy in place that has eliminated bake sales as fundraisers. We are not sure who is sponsoring the donut sale, or what the details are, since the sign was clearly written by a child with misspellings on it. We believe there should be a school-wide protocol for hanging up signs that promote such events.

It is important to touch base with Administration and make a clear policy that fundraisers should not involve food. Everyone agreed that taping Middle School Principal Carrie Wilson to the wall was a fun and profitable fundraiser. More creative ideas like this one are needed.

News from the Kitchen

The newly instituted salad bar is a huge success! Sue reported that they sold 88 salads on day one. The salad bar is going to be offered five days a week for the foreseeable future. By the end of the day, Sue ran low on lettuce, tomatoes, cucumbers and croutons. Children of all ages and adults enjoy the salads. Right now, Sue is watching over the salad bar as people go through it, and Jim helped out too. Jim is pushing that the kitchen acquire a large grill. Sue is making meals work with the present equipment in the kitchen. She has introduced many new successful lunch offerings, such as teriyaki stir fry, shepherd's pie, chicken-broccoli-ziti, and macaroni and cheese. Sue is hoping to add kitchen news to the sign outside Jim's office so everyone can be informed about new food offerings in the kitchen.

News from the Health Office

Kathy brought up the fact that twice this week alone she has received pushback from parents of children with allergies. These parents are concerned about food in the classrooms. No nut products should be allowed in any classroom school-wide.

The health office is busy as usual. We discussed Narcan. Kathy said that Concord, Concord-Carlisle High School, and Acton-Boxborough are some of the places that have Narcan at school. There is a state-wide move for schools to do screenings for drug abuse. The plan moving forward is to have Narcan here in Carlisle. Narcan reverses a drug reaction. Sometimes if people overdose, they find their way to a school for help. Lori and Kathy will both be trained in administering Narcan. The plan is to have Narcan here by the end of the school year. It is administered in a

spray up the nose. The Carlisle Police and Fire Department already have it. It would be available not only to students but to adults.

SOS – Signs of Suicide

Lynne Carmel and Kim Reid are spearheading this program. It involves the 7th grade watching a film about signs of suicide. The film has somewhat disturbing parts to it. Then the students answer questions. The information will be processed in a health class with Lynne. Students will be told that they can talk to any adult if they are upset in any way.

Challenge Day was a success. This was another event in which the 7th graders participated, that involved learning about social tolerance. The school may offer it again next year.

Next Wellness Meeting: Tuesday, May 30, 2017 at 3:15 p.m. in Will Verbits' office. This will be the final Wellness Meeting for the school year.