



EGSC Health and Wellness Subcommittee Minutes May 20, 2024

Attendees: Nicole McLaughlin, Kevin Murphy, Clare Cecil-Karb, Molly Sylvia, Matt Willis (R), Annemarie Flaherty, Karin Wetherill (R)

Minutes Summary

1. Welcome, introductions

Report as to absences of group members. This is the last meeting of the school year.

2. Updates from past meeting topics including adolescent vaping prevention/intervention.

Ms. Sylvia offered an update on the project of dealing with the dual challenges of intervening with students who are vaping on campus/during the school day and attempting to implement a vape-awareness/deterrent plan. Ms. Sylvia and Ms. Wetherill shared resources for evidence-based vaping interventions.

3. Update regarding Social Work staff and budget plans.

Ms. Cecil-Karb reported that the appropriation for the school district was not yet approved by the town, and the amount that is predicted to be allocated is less than the budget that was proposed which included an additional social worker. This leaves open the question of whether another social worker will be hired.

4. Discussion regarding ongoing work to serve students with disordered eating/needs

and promotion of food-wellness.

Dr. Willis shared that he has begun to offer to talk to groups of educators within the district. This is with a “train the trainer” style model where Dr. Willis will share the most up-to-date information about offering education that does not seem to be correlated with triggering disordered eating behavior. Group discussed planning an information session with parents on how to communicate about food/eating and how to combat messages that may encourage disordered eating. Notably, the group decided that educator intervention was the primary target – a proactive approach to make sure that the district was teaching in line with the best practices before helping parents to be reactive.

5. School Survey updates.

The group discussed the adolescent sexual health survey which has been in the planning stages for years. The survey is still being planned.

6. Update - progress and needs in continuing Mr. Bob's work with district students. 7. Discussion/planning for 2024-2025 school year.

Group discussed the roles that have been looped in to continue Mr. Bob's previous work. The work continues although it is in a different format.

The group discussed meeting earlier in the year in Fall 2024 and beginning the sexual health survey so that feedback can be used during 24-25 school year.

Discussed involving students in meetings and soliciting student input and feedback.

Meeting Adjourned

The Health and Wellness Subcommittee of the EG School Committee serves in an advisory capacity only. Meetings are open to the public. Subcommittee members are drawn from the School Committee, the District and the community. The Health and Wellness Subcommittee is in accordance with RIGL 16-21-18. Its role is to promote, support and recommend best practice policies, programs and initiatives to enhance the overall health and well-being of students and staff while meeting federal and state guidelines. Oversight includes child nutrition, physical activity programs and mental health issues.

Minutes submitted by Clare Cecil-Karb, Subcommittee Chair