Minutes Approved by the Wellness Committee on April 3, 2025

Wellness Committee Minutes

Thursday February 13, 2025 Time: 7:00 a.m. – 8:00 a.m.

Location: Miles River Middle School Conf Room

Attendees: Jeff Becker, Bryan Menegoni, Mollie Mosher, Eleni Burns, Jessie Palm, Lisa Druskat, Gina Bertelli, Zach Best, Liana Gerstein, Maribeth Ting, Mollie Mosher, Madison Novak, David Frenkel (via zoom)

1. Meeting Schedule

- Second Thursday morning every other month. February 13, March 13th, May 8th, 2024. Proposed time 7:00 - 8:00 am, Miles River Room, MRMS**.**

- Zoom link available

2. New Initiatives/Goals

- Celebrations in school policy
    - Food and beverages during the school day.
      "Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition and Massachusetts A La Carte standards." Wellness Guidelines pg 9
      Eleni Burns shared that food rewards (candy) should not be promoted in the District Schools. Action items - communication with all school staff. And at the high school level about food sales for fundraising As for food sales, they should be prepackaged, labelled - not prepared in home kitchens. Food sales within 30 minutes of the end of the school are intended to meet the USDA Nutrition guidelines.

- No car engine idling signage
    - MGL https://www.mass.gov/doc/540-cmr-27-regulation-of-motor-vehicle-idling-on-school-grounds/download
    - Jeff Becker stated that there is no-idling signage at the high school pick-up, drop-off. Maribeth Ting communicated with Curtis Wightman, facilities director who has ordered signage that will be installed at all District schools. Lisa Druskat shared image of sign at Ipswich HIgh school outside performing arts center which provides education regarding

impact of car engine idling -



- Cell phone policy at the high school
    - High school Cellphone policy- committee - taking a field trip to Ipswich to see how their new policy is working
        - “CELLPHONES During the 2024-2025 school year, Ipswich High School will be a cell phone free environment. Our goal is to improve the mental health of students as well as enhance the culture of the classroom and school campus by eliminating cell phone distractions. Students will be required to keep their powered down phones in a phone locker for the duration of the academic day. The “academic school day” is defined as the start of first period and throughout the day until the last class is over. Any student who chooses not to bring it to school must have an email on file stating that a cell phone will not be brought to school. With our one-to-one Chromebook devices, students have the necessary technology to access learning in their classes. Parents are asked not to call or message their children during school hours; however, they can

email their child via their school email or contact the school office and this message will be passed on to their child. Students will also be provided an opportunity to return parents' call via the school office phone in case of an emergency. Failure to follow the personal device rule will result in consequences outlined on page 15 of this handbook. CHEMICAL HEALTH RULE In an effort to both promote heal" Ipswich High school Student Parent Handbook 2024-2025

- Current HWRHS policy - phones away during class - unless teacher using for instruction - each class has a shoe organizer type storage system - can vary with age of students how much that is use.
- Jeff Becker - students do a good job in complying - he does not feel they will be bombarded with those not complying
- Data is that the mind works differently when the phone is in the pocket vs. put away
- Survey to families / students went out at beginning of week - results pending
- Lisa Druskat - as an Ipswich parent, she reports she is very happy with new Ipswich policy - a child mentioned more kids talking to each other
- Yonder pouches - at BPS super (?)
- Mollie- yonder pouch - better option than having phone away (IPS)

- CPR training for students (Lea Tabenkin/ Jessica McGraw) Deferred as Ms. Tabenkin and Ms. McGraw not present at meeting.

- Staff wellness - Discussion Deferred to next meeting - discussion of need to have Wellness representative/ambassador for each school in the District to work with District committee.
  - Staff relaxation zones
  - Enhancing staff wellness by combating burnout

- Recommendation for topic at next meeting by David Frenkle - what education have teachers received regarding use of air purifiers. Concerns re: indoor air quality.