

## South Hadley Public Schools Wellness Committee Meeting Minutes

<b>Date:</b>	April 13, 2026 4p-5p
<b>Attendance:</b>	Elisabeth Greenwood,,Brittany O’Neill, Kelley Blaser, Steve Kantrowitz, Sharon Hart, Abigail Jeyaraj, Amy Methot, Abigail Kelley, Kaitlin Methot, Cristina Jardine
<b>Facilitator:</b>	Melissa Bednarski, Director of Health Services
<b>Recorder:</b>	Melissa

### Wellness Committee Objectives

#### Purpose:

- Help develop and implement protocols that promote healthy eating and active lifestyles for students and staff.
- Contributing your perspective as a Parent/Guardian, Staff Member, Student, Health Professional or Community Member is crucial in ensuring our wellness efforts meet our unique needs.
- Work with other stakeholders (administrators, staff members, health professionals, outside agencies, parents/guardians, students) to create a positive, healthy school environment.

#### What We Do:

- Review and update as needed the district wellness policy/protocols.
- Promote nutritious foods and beverages on campus.
- Promote wellness initiatives throughout the district.

### Meeting Norms:

- Start and end on time (according to the agenda)
- Be present
- Be open; respect everyone’s point of view

Agenda Items	Discussion	Action
<b>Asthma in Schools: Data to Action</b> Presenters: Sharon Hart, Director of Public Health and Abigail Jeyaraj (Intern)	Partner with MDPH to look closer at the air quality and asthma irritants that may be present in town buildings, Mount Holyoke College and SHPS buildings. SHPS has a higher-than-average rate of asthma in our	Thank you Sharon and Abigail for sharing with the Wellness Committee.

	<p>students. MESMS was identified as having the highest at 101 students or 21% of students in that building. Overall 18% of students at SHPS are diagnosed with asthma.</p> <p>The team from MDPH will conduct a walk-through of MESMS on May 8th at 930am to look for sources of asthma irritants and offer suggestions to mitigate any sources found.</p> <p>Mount Holyoke College is conducting tests of the outdoor air quality in SH.</p> <p>This grant initiative has provided air sensors to town buildings and will be offering some to our school district.</p> <p>A walk-through was already conducted at the SH Town Hall.</p> <p>Air purifiers may also be provided in homes to vulnerable residents. Surveys will occur before, during and after the air purifiers are placed to determine the extent that they alleviate asthma irritants.</p> <p>Mount Holyoke Professor, Dr. Pattison (?sp) has offered to do a class with students regarding air quality.</p>	
<p><b>Farm &amp; Sea to School Grant</b>  Presenter: Elisabeth Greenwood, RN</p>	<p>Elisabeth presented a power point presentation regarding the grant initiative to bring Farm &amp; Sea to School programs to SHPS. Elisabeth brought up the ideas from the conference, one being to do taste tests with the students and also include parents/guardians in these taste tests that include sending home recipes that include the choice “taste” of the month.</p> <p>Would like to partner with local farms to provide food and vegetables and field trips for students.</p>	<p>Grant Proposal is due in May. Elisabeth has spoken with the Asst Superintendent to assist her to complete this application.</p>

	<p>Steve announced that the Culinary students will be creating a new energy drink that combines healthier ingredients. Students are being educated about the health risks of the traditional marketed energy drinks. Culinary students may bring some of their lessons, i.e. compost, energy drinks, etc. to the other school buildings.</p>	<p>The Wellness Committee will look for ways to support and assist the Culinary department with their creation and marketing endeavor to create a healthy alternative to the energy drink.</p>
Next Year Focus and Meeting Times	<p>Tentative Dates for next year Wellness Committee Meetings:  <b>9/28, 11/30, 1/25, 4/26</b></p>	<p><b>This was our last Wellness Committee Meeting for this school year. Thank you to all that participated.</b></p>
Other	<p><b>Stop the Bleed Program</b></p> <p><b>Dental Program</b></p>	<p>At the beginning and throughout the 26/27 school year, the district is planning to offer staff the Stop the Bleed Program. Suggestion was made to include students and families in future STB instruction.</p> <p>SMILES Dental Program will be introduced to the district beginning next year. This program will be held in all the school buildings to include all grades levels.</p>

**Adjourned at 1658**

**References:**

[Wellness Policy](#)

[Wellness Protocol](#)

[105 CMR 215.00](#)

[Nutrition Standards for Competitive Foods and Beverages in Public Schools](#)

[Healthier Generation](#)

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