

Health and Wellness Meeting Minutes

March 7, 2014

The following were in attendance: Carolyn Mark, Susan Records, Laura Giusti, Derek Hague, Nancy Day, Samantha Fallon

1. Update on EGSD Wellness Policy

Carolyn updated the H&W subcommittee on the work she and Nancy Day are doing with the Wellness Collaborative. They have participated in two meetings so far to review laws and regulations governing wellness policies, and are assessing our current policy using the WellSAT tool to see where we have opportunities for improvement. Carolyn and Nancy hope to have a new draft policy to present to the H&W subcommittee at the next meeting, in advance of the District policy committee which will need to review it before it goes up for a first read before the full school committee. The third session of the Wellness Collaborative will cover best practices, and Carolyn and Nancy will be collecting and sharing what we are doing in EG.

2. Update on Mental Health Subcommittee work

Carolyn updated the committee on the work of the mental health subcommittee, which has grown to 15 people include school psychologists, nurses, guidance counselors, social workers, parents,

and community-based mental health professionals. The next meeting will include student representatives as well. The group is on track to complete a baseline assessment before the end of the school year.

3. Discussion on student advisory committee for the school lunch program

At the last Wellness Collaborative meeting, Derek, Carolyn and Nancy discussed the possibility of creating a student advisory committee that would address nutrition and food offerings as a way of getting ideas and better buy in from youth in the school food service program. Aramark supports the concept, and Derek will help to figure out next steps. It was agreed that we need to get building principals on board with any youth initiative in a school.

4. Update on HUSSC award celebration at Hanaford and Eldredge

Susan and Derek will be working together to plan award celebrations at Hanaford and Eldredge.