

## **Wellness Committee – Meeting Minutes January 30, 2018**

### **Meeting attendees:**

Will Verbits (Chair), Director of Student Support Services  
Lori Aquavella, Administrative Assistant  
Kathy Horan, School Nurse  
Lori Desjardin, Nurse Assistant  
Susan Robichaud, Food Services Director

### **Meeting Notes:**

Nothing new to report from Food Services. Kathy commented on how good the salad bar looks. It was suggested that Sue send out a monthly bulletin about things happening in the kitchen, foods being served, the composting program. The best platform to reach parents is through the Buzz. It will help parents understand why certain foods are being served. Sue will be going to a program on gardens that was suggested by a parent. A former student harvested the vegetables in the garden and sold them at the farmer's market to purchase new compost bins. An online sign up can be created for families to tend the garden.

Kathy is getting ready to start the SBIRT screening of 8<sup>th</sup> graders for risky behavior and drug abuse. It is mandated by the State so it must be done. Kim Reid will help with the screening. After the screening is done, a report must be completed online.

There is a list of healthy food snacks online. It was sent out by the Kindergarten teachers at the beginning of the year, Kathy is recommending that it not be sent out in the future. The list comes from recommendations by the John Stalker Institute.

A parent asked if there is a health education curriculum at the elementary level. There is no specific program. Kathy does go into the Kindergarten classrooms to talk about staying healthy and hand washing. She teaches a unit on puberty to the 5<sup>th</sup> grade classes. There might be an opportunity to implement some type of health education in the lower grades with a new nurse being hired. It would be a good idea to get Lynne Carmel on board to brainstorm what health education should look like.

Concord-Carlisle received a grant to study the health of children. Kathy and Kim met with them to answer study questions.

The school nurse position has been posted on School Spring and School Health Unit, which is a state agency for school nurses. We will wait 4 weeks and then review applications and set up interviews. An interview committee is being formed.