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## SCHOOL HEALTH COUNCIL MINUTES – OCTOBER 24, 2013

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ATTENDEES: T.NOYES, J. MCLUCAS, J. CURRIVAN, J. DRISCOLL, B.KILLION, L.DAVENPORT, T.ABLEY

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### Recap of Wellness Week 2013.

Overall reports were good of the week. The Walk at School seems to have a life of its own, but overall it was felt that we could have done some more PR about the events.

#### Week's Activities:

**Wellness Wall** – have a bulletin board devoted to wellness. Pictures or drawings of staff and students doing wellness activities – This activity seems to be continuing, while the report was that most of the pictures were staff doing activities, it seems to be a positive motivator, and some schools are leaving it up for a while.

**Healthy Snack Week** – (Elementary) Promote healthy snacks in the classroom with Healthy Snack Charts in each classroom. The students would then get a sticker, or check mark that they brought a healthy snack. The goal would be that we encourage this behavior for the entire year, and just kick it off during wellness week. Brianne reported that this activity is continuing at the Prescott, and has been accepted favorably.

**Try it Tuesdays in the Café!**– Try a new fruit or veggie in the café on Tuesday – Jane McLucas/café staff Jane offered edemame salad in October, and reported that it was accepted favorably. Brianne said that she gave out bracelets for each student who tried the salad, and ran out of salad. Jane reported that she will be continuing the concept with a “try it” item each month.

**Walk at School Day** – Wednesday October 9<sup>th</sup> (<http://www.walkbiketoschool.org>)

All reports have been positive. This activity seems to be continuing on. We lucked out with the weather, and Tara reported that she had approx 45 students at the high school who participated with a little incentive of Frozen yogurt coupons that GSU got donated. Thank you Aimee for sharing the photos, I will pass them along to the “website” subcommittee for posting.

**Unplugged at Night** – Thursday October 10<sup>th</sup>, encourage an Unplugged night!

We seemed to fall behind on this one. While we posted it on the calendar, not much more was done, And we did not get much feedback about it. Brianne did report that they do an unplugged week in the spring, so they did not focus on that event.

**Family Track Night** – Wednesday October 9<sup>th</sup>, Join us at the high school field for Family Track night (Ann Keegan and PE staff) with an **Ask the Nutritionist** –(Linda Davenport) booth set up to hand out information to parents/children on nutrition.

Thank you to all that participated or volunteered for this event. We did not have much participation, but the preparation was there. There were five students who showed up to participate. The committee had cones, and bib numbers, as well as medals for those who participated. Joe would like to try this event again in the spring, see the other discussion we had below in the minutes.

**Ask the Nutritionist** – Linda was unable to attend, but she sent another dietitian. She was very excited to be there and brought handouts and local fresh apples that were a hit. It was great to have her there to answer questions from parents.

**Walk this Weekend** – promote a walking weekend within each school with a simple contest, the elementary Classroom with the best participation will win a prize. Joe had a classroom with 100% weekend participation. His class wins the prize, and Tara donated “Norwood PE” drawstring bags for the classroom. Thanks Tara

Stacey rounded up the staff at **Town Hall** to join us, and they did laps around the common. Way to go, Stacey. It's great to have their participation in the event.

### **Spring Track Night**

Joe would really like to try this event again in the spring. He reported that Westwood has had some success in doing this event on a Friday night in the spring, just before spring sports start. The group thought that Friday April 11<sup>th</sup>, might be a good date, and Jane has sent out a e-mail to Fine Arts and Athletics to see about the availability of the track and the gym (in case of rain).

The group was excited to offer this again, and came up with some ideas:

- Have it an all schools event at the high school again
- Have each of the elementary schools compete against each other
- Each elementary school can be assigned a color
- Run races at specific times, ex. 1<sup>st</sup> grade at 5:30, 2<sup>nd</sup> grade at 5:45, etc...
- Build up some competition within the schools
- Perhaps support a charity at the event, such as bring a can for the food pantry
- Have students sign up, so we have some numbers to work with, and be able to give gifts for participation, such as small water bottles

### **Website**

Jill and Tara volunteered to attempt to get a webpage going on the new website. We could then post our calendar, our activities, the Wellness Policy, and pictures of activities going on in the schools. Thank you Tara and Jill, let us know when it is up and running.

### **BOK's**

Brianne reported that Prescott again is offering the BOK's program. They have 30+ students enrolled and 4 parent leaders for the program. She reported that the fall was more popular than the spring, and they had a good response to the program. The program is open to all students, grades 1-5, and runs for 10 weeks.

### **Action for Healthy Kids**

Jane reported that AFHK will be doing an event at Gillette Stadium on Dec 10<sup>th</sup> for Wellness Committee's called the "Learning Connection Summit" on the links between the students wellbeing, physically and nutritionally, and classroom learning. I will pass along more information as it becomes available to see if the group would be interested in attending.

### **Operation Gratitude**

Brianne reported that the Prescott, Oldham, and Cleveland schools are participating in Operation Gratitude, which collects unwanted Halloween candy and sends it to the troops. The students will be collecting from November 1<sup>st</sup> – 6<sup>th</sup>, and on the 7<sup>th</sup> will be holding a Pajama fundraiser to collect money to mail the candy out. Please pass along your extra candy to any of those schools.

### **Plans for the upcoming year:**

The group asked that we get a review of the HS Youth Risk Assessment Report at our next meeting, as well as look at the evaluation tool to report to the school committee this spring. We would use the time to also work on plans for the spring track event.

**Thank you all for your participation!**

**Next Meeting is January 16, 2014**

**Room 219 at 3:30pm**