

Wellness Committee Meeting 12.11.2024 Notes

Attendees:

Christanne Harrison, Tricia Laham, Matt DuBois, Sasha Palmer, Emily Jaffee (SEPAC), Kate Janisch (Pierce), Suzanne Federspiel, Michelle Bartley, Donna Finnegan

Christanne is our Wellness Coach from DESE/John Stalker Institute. She offered a brief overview of her role coach to advise and keep the committee on task, specifically related to policy and creating action plans

Please see the updated (2/2024) [Brookline Wellness Policy](#)

Reviewed the Alliance for Healthier generation working tool:

<https://www.healthiergeneration.org/app>

She transferred all of our work to the action plan for our district on that tool

Identified areas on which to focus:

1. Monitoring Progress of Wellness Policy
2. Communication about Wellness Policy and Meetings and notes
3. Nutrition Education Opportunities

Outreach: We invited all VPs to attend meetings, outreach to students to attend and will offer an afternoon meeting to facilitate students being able to attend. Sasha invited BHS students. Tricia and Michelle will reach out to 8th grade students.

Tasks: Tricia and Michelle to send survey to 8th grade students, seeking their feedback on areas of interest;

Sasha working with high school students. Suzanne suggested students from the sustainability committee

Need to reach out to PTO again for parent reps from each school

Note-taking: Zoom has an AI note taking ability, Matt and Tricia will explore

Where to post notes: Food Services website; Health Services website; PSB front webpage: Tricia will reach out to Neel G

Nutrition Education for students;

Budget season, no cost neutral way to introduce health. Could request FTE; Discussion around Grant opportunities. Sasha has explored and would need help to pursue

Suzanne referenced work Sasha is doing, offering good food and gardens, work with sustainability committee

Kate questioned whether college students could volunteer for nutrition education. She teaches community nutrition course at Northeastern and has students do nutrition education workshops at end of semester.

She has discussed with Perce after school program. Michelle suggested 6th grade advisory block for Northeastern students, possibly Tuesdays 12:08, or WIN blocks on Mondays

Next meeting, March 5th, 2:30-4 via ZOOM. Students to be invited