



WHOLE SCHOOL,
WHOLE
COMMUNITY,
WHOLE
CHILD
*A collaborative
approach to
learning and
health*

Present at meeting: Carolyn Caney, Stacie Curran, Annette D'Augelli, KuKu Fleming, Kate Grijns, Karen Hossain, Allison Keisman, Ben Leahey, Sue Levasseur, Annalyce Loretto, Candace Mannino, Stephanie Noto, Alick Sehkar, Christine Wanner

2/26/19 Agenda Minutes

1. Chartwells update
 - a. Asian and Grilled cheese stations coming up at Staples
 - b. March: National Nutrition Month; focus is athlete choice/partnering with Saugatuck to focus on a wellness week; supporting roll out of Waste-Not initiative--some using it for composting
 - c. MISC: fillable fountains will be installed at all of the elementary schools over the summer
 - d. Chartwells is working on a plan for efficiency and needs for all students grades 6-8 at Bedford
 - e. Reduced sugar update at elementary: juice will only be available 2 days/week; yogurt and chocolate milk will remain on the menu as the nutritional benefits outweigh the amount of added sugar

2. Graduation requirements update
 - The vote was tabled at last night's meeting
 - Look to the BOE agenda to see when it will be on again

3. School Start time update
 - Presentation to Teaching and Learning Committee on Thursday, 2/28/19 at 1:00 pm.

4. Web page update--Allison Keisman

- Can we add links to articles

5. PYD update

- Presentation by Dr. Annelise Karan on impact of technology on brain development, March 28th 7:00-8:30 at Long Lots Auditorium; most relevant to grades upper elementary through high school
- John Hamilton--Parenting by Example; substance abuse issues content for middle to high school; April 3rd 7:00-8:30 at BMS
- Tracy Misella--Licensed Clinical Social Worker; topic being developed is adolescent anxiety April 25th 12:30-2:00

6. Wait Until 8th

- Pause based on uncertainty of where the 6th graders would be next year
- Feedback from parents is that it's an all or nothing approach which can be difficult
- It might be helpful to have more education for parents--non smartphones vs. smartphones; what are the other middle grounds for cell phones?
- Subcommittee to be developed for Healthy Technology

7. Vaping initiatives

- Task force looking at this issue to determine next steps
- Posters in health offices
- Curriculum revisions
- DARE concerns--questions about what is being put in its place

8. Healthy Family activities (brainstorming session)

- Consider family activities that you do

Roundtable

Questions:

Powerschool: is there a way to reduce the number of times a student can check?

Seniors: since when/why don't they have PE?

How and why was decision made for PSAT?

Can we get a BOE member to be part of Wellness Committee?

Next meeting: May 21st