



Health and Wellness Advisory Council

October 15, 2024; 4:00 PM

NOTES

Review Goals and Objectives for this Year:

2024-2025 Objectives:

During the 2024-2025 school year, the Wellness Committee will assess and update the current Wellness Policy

- Wellness committee representatives in attendance
 - Colleen Clark, Nursing Coordinator and Wellness Coordinator
 - Kelli Pircio, School Committee Member
 - Sam Cederbaum, Principal, Blanche Ames Elementary School
 - Lynne LeBlanc, School Nurse, Oliver Ames High School
 - Melissa MacWilliam, School Nurse, Blanche Ames Elementary School
 - Carolyn Sparrow, Health Teacher, Easton Middle School
 - Hannah Ingargiola, Parent Representative, Richardson Olmsted
 - Alison Shea, Parent Representative, Richardson Olmsted and Easton Middle School
- Alison Doak, School Wellness Coach for the *Massachusetts School Wellness Coaching Program Tier 1: Perfecting Policy* during the 2024-2025 school year. The committee will work with Alison to complete an assessment of Easton's written local wellness policy and develop an updated policy to be presented to and approved by School Committee.

After introductions, Committee roles were defined with regard to assessing and updating the Wellness Policy:

- **Wellness Coordinator** will manage communications between the Coach and the School Wellness Committee.
 - Ensure the committee completes their designated tasks to produce an updated wellness policy.
 - Submit the updated wellness policy to Alison Doak so she can send for DESE review when complete.
- Put the policy forward for school committee approval.
- Ensure public posting of the school committee-approved policy.

- Committee will utilize a **Shared Drive** to house all of our materials and resources this year. All scheduled meetings will be in person. We will utilize Zoom for virtual meetings with Alison.

Wellness Policy Assessment was initiated.

- **Massachusetts Local Wellness Policy Strength Checklist:** This policy checklist is designed for District Wellness Teams to assess the strength of their Local Wellness Policy and identify areas of additional content needing to be added to the policy.
- The tool measures compliance with state and federal standards.
- Areas assessed and identified for improvement:
 - Implementation and Communication
 - School Meal Planning
 - Competitive Food and Beverage Standards
 - Food Literacy and Nutrition Education
 - Physical Activity and Education
 - Staff Wellbeing
 - Discussed adding a Social-Emotional Section to the updated policy
- All members have access to a shared google drive and the ability to become members of Easton Public Schools District Team on the [🌐 Alliance for a Healthier Generation](#) site.
- Members will begin to make changes to the current policy, to be evaluated and discussed at the next Wellness Committee Meeting.

Next Meeting Dates: Tuesday 12/17/24; Tuesday 3/18/25; Monday 5/20/25