



Health and Wellness Advisory Council

December 17, 2024; 4:00 PM

NOTES

Goal: Get the policy polished up and ready to send to the School Committee.

- Wellness committee representatives in attendance:
 - Colleen Clark, Nursing Coordinator and Wellness Coordinator
 - Craig Davidson, Director of Special Services
 - Kelli Pircio, School Committee Member
 - Sam Cederbaum, Principal, Blanche Ames Elementary School
 - Melissa MacWilliam, School Nurse, Blanche Ames Elementary School
 - Carolyn Sparrow, Health Teacher, Easton Middle School
 - Bridgette Campbell, Health Teacher Blanche Ames Elementary School
 - 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 worked with Alison to review completed action items and the current changes made to the policy.

After introductions, we began reviewing the revised policy:

Individual areas reviewed and revised:

- Implementation and Communication
 - *We discussed the importance of building based wellness meetings due to differences in practices across the district.*
 - *Wellness policy will be assessed again in 2028*
- School Meal Planning
 - *Suggested to collaborate with Linda St. Hilaire (Whitson's) about school meal programming.*
- Competitive Food and Beverage Standards
 - *Address how we would like to handle fundraising?*
 - *Anything fundraising items sold will be after school hours*
 - *Utilize Whitson's for whole school food celebrations, as they are aware of student specific food allergies.*
 - *Clean up language around curriculum based foods*

- *No food activities for celebrations in the classroom*
- Food Literacy and Nutrition Education
 - Added language to promote food literacy to be culturally responsive and help combine health, the environment and social justice.
- Physical Activity and Education
 - Add the total number of recess minutes at the elementary level
- Discussed adding a Social-Emotional and Cultural Proficiency Section to the updated policy
 - *Social Emotional Learning and Cultural Proficiency categories were added to the policy.*
 - *Follow up with school adjustment counselors and school psychologists to review the added language*
- Staff Wellbeing
 - *Unchanged*
- 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 make a final review of the policy before sending to school committee before the next meeting.
- Once the policy is finalized, we will evaluate what aspects we are doing well and what aspects need implementing.

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