



Health and Wellness Advisory Council

March 25, 2025; 4:00 PM

NOTES

Goal: Review the revised Wellness Policy with discussion of next steps

- Wellness committee representatives in attendance:
 - Colleen Clark, Nursing Coordinator and Wellness Coordinator
 - Sam Cederbaum, Principal, Blanche Ames Elementary School
 - Melissa Souza, School Nurse, Blanche Ames Elementary School
 - Carolyn Sparrow, Health Teacher, Easton Middle School
 - Sue Male, School Nurse, Richardson Olmsted School
 - Kelly Santos, School Nurse, Oliver Ames High School

After introductions, we began reviewing the revised policy:

1. Revised Wellness Policy was approved by School Committee
 - a. Policy to be added to the District website when ready
2. How to disseminate the updated policy
 - a. Send to families via ParentSquare
 - b. Use Faculty Meeting Time
 1. Review with all staff
 - Building principals will be notified of the proposed rollout plan
 - The updated policy will be reviewed with staff for the first time before the end of the 2024-2025 school year
 - The updated policy will be reviewed again during the first staff meeting of the 2025-2026 school year
 2. Will use bullet points to highlight IMPORTANT information for staff to be aware of
 - No food items as a reward or incentive
 - All food items must be tied to the curriculum and the designated form must be completed 1 month prior to the event
 - No food-based celebrations in the classroom (birthdays, holidays, etc.)
 - Schoolwide celebrations will still be allowed (Field Day, BBQs, etc.)
 - Gum and hard candy are allowed during MCAS testing
 - Sharing of food is not allowed
 3. Create a ParentSquare Form for staff to sign off on to attest policy was reviewed
 4. We want consistent messaging across all buildings
3. Next steps to begin implementing the revised Wellness Policy
 - a. Create and distribute a Wellness Newsletter quarterly to all stakeholders

- b. Focus on Food Literacy & Nutrition
 - c. Work with PTAs & Wellness Committee to bring in Nutrition Enrichment programs
 - d. Share info with families
4. Discussed plans for assessing the implementation of the Wellness policy for the 2025-2026 school year.

Next Meeting Dates: Monday 5/20/25