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Framingham PUBLIC SCHOOLS School Committee

Health and Wellness Subcommittee

Remote via Zoom

February 28, 2022 2:30 p.m.

Open Meeting Minutes

PRESENT: Valerie Ottaviani (Chair), Richard Finlay, Adam Freudberg, William LaBarge

ABSENT: None

OTHERS PRESENT: Director of Health and Wellness Judy Styer, Executive Assistant to the School Committee Joanna Hastry

Call to Order

The Chair called the meeting to order at 2:31 p.m., noted all in attendance, and said that the meeting was being held remotely, was being broadcast live on Facebook, and was also being recorded. She noted all in attendance and how to participate for public comment.

Public Comment

There were no participants for public comment.

Discussion on Possible Health and Wellness Goals for 2022

Chair asked if any members had ideas for goals they wanted to discuss for the rest of the year. Mr. Finlay said that he thinks social emotional issues due to the pandemic and how to get back to some sort of normalcy is important to focus on. Mr. Freudberg gave some of his ideas for goals including pandemic management, continued transparency and data available for online publishing to continue for vaccinations, etc, substance use and intervention including anti-vaping, and at the request of the Chair said that he will send a written list. Mr. LaBarge spoke to making sure kids are aware of drug addiction.

The Chair spoke to working with the Director of Health and Wellness Judy Styer on the goals that were listed on the agenda that included student wellness - improve the overall health and well-being of the students and partner with community agencies to address substance use, nutritional wellness - focus on health, nutrition, and physical activity, assure food security and access to healthy foods during the school day, engage students, families, and community resources, and advocate for more wellness and health education opportunities, positive relationships - promote social awareness, foster healthy relationships, peer/peer and student/staff and romantic relationships, promote normal sexual development inclusive of all sexual identities and gender Identities, encourage upstanding behaviors and good citizenship, cultivate healthy coping strategies, and nurture a sense of belonging/positive school culture. Ms. Styer said that common themes seem to be pandemic management that will continue to be an issue, mental health suffering which can also lead to increases in substance use, and one effect of COVID-19 is the resurgence of kids with obesity. There was discussion of the other effects of the pandemic including being secluded at home, having to wear masks as well as now being able to choose if they want to continue wearing them or not, and the possibility of a

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COVID-19 goal. There was discussion on including a goal around working with the John Stalker Institute and having discussions with the new Food Services Director. Other topics that were discussed as possible goals or objectives included looking into seeing if the 3% tax fee from dispensaries could be used for education, looking to bring Health Education to all grades, and also looking at nutrition with food outside of the classrooms. The Chair suggested that she will work on the document with the goals discussed today and bring it back to the next meeting to discuss further and vote on them, all in agreement.

Adjournment

Motion: To adjourn the meeting.

Moved: Mr. Finlay

Seconded: Mr. LaBarge

Roll Call Vote: Unanimous (4-0-0)

(Yes: Ottaviani, Finlay, Freudberg, LaBarge)

Meeting adjourned at 3:24 p.m.

Meeting Materials

Agenda

2020-2021 Health and Wellness Specific School Committee Goals