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Health and Wellness Subcommittee

Remote

April 12, 2021 @ 5:30 p.m.

Open Meeting Minutes

PRESENT: Jessica Barnhill (Chair), Richard Finlay, Adam Freudberg, William LaBarge

ABSENT: None

OTHERS PRESENT: Superintendent Dr. Tremblay, Director of Health and Wellness Judith Styer, Director of Food Services Brendan Ryan, K-8 Health and Physical Education Department Head Mike Koziara, High School Health and Physical Education Department Head Mike Foley, Adolescent Health Nurse Mynette Shifman, Assistant Director Department of Health & Wellness Stacey Cugini, Health and Wellness Executive Assistant Cindie Pagano, Director of Technology Ann Mariano, Executive Assistant to School Committee Joanna Hastry

Call to Order

The Chair called the meeting to order at 5:30 p.m. She noted all in attendance and said that the meeting was being held remotely, was being broadcast live on Facebook and was also being recorded. The Chair noted that the COVID-19 agenda topics have been moved up in the schedule due to scheduling conflict.

Public Comment

No public comment

COVID-19 Pool Testing, PCR Testing, and Data Reporting

Assistant Director Department of Health and Wellness Stacey Cugini said that they are in the seventh week of pool testing with 60% of students consenting, 7.2% not consenting, and they tested over 1,100 students with the numbers steadily increasing. Director of Technology Ann Mariano said that they have been working on dashboards based on requests and shared her screen with an example of what they have been working on. She said that this includes data on the pool testing, it is not broken down by school yet, but they are looking to see if that is possible, and it is an aggregate number of positive cases of both staff and students.

Members asked if this shows the number of students or percentages and spoke to how the data shows where more attention is needed, such as in the high school with the suggestion of using the Student Advisory Council or high school television station to help increase the number of students participating in pool testing. Ms. Mariano said that it shows the number of students at different levels and not a percentage as it varies each day based on what students are present that day.

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Overview and Discussion of PE/Health Curriculum K-12

K-8 Health and Physical Education Department Head Mike Koziara gave an overview of the curriculum for K-8 which included that there is a limited amount of time, 55 minutes one time a week in elementary schools and 50 minutes two times a week for middle schools, for physical education classes and they include activities such as local motor movements, peer interactions, skill based and sport based activities. He said that K-5 does not have health classes and in 5th grade there is one teacher who travels to all the schools and covers relationships, substance abuse, and puberty, among other topics. He said that they are in the middle of curriculum writing which will have an emphasis on making informed decisions based on information. High School Health and Physical Education Department Head Mike Foley gave an overview of the curriculum at the high school including that all classes are a semester long and meet five times within a seven day rotating schedule, there are two different freshman fitness classes with different methodologies but the same curriculum, they offer yoga and dance classes, sports education classes, team or personal based activity classes, and they are trying to add classes for students who have a hard time fitting it in their schedule, such as a Rise and Shine Fitness Class.

Ms. Barnhill expressed concern regarding having only one health teacher that doesn't start until fifth grade with classes only once a week for 30 minutes and asked if fitness tests are still used. The department heads spoke about how they are trying to move away from fitness tests in K-8, in high school they use the Polar GoFit, and how it takes a lot of time to get students prepared for fitness tests. Director of Health and Wellness Judy Styer encouraged the subcommittee to consider increasing the amount of health education that is available to students, such as having programs from grade K-12, and looking at how many staff that may be needed. Mr. Freudberg spoke to the information that was provided in the budget book and the effects from COVID-19 and asked if there are any activities they have planned to catch up once there is a normal school year, such as as much outdoor time as possible and a balance for social emotional health, and if there was anything that the School Committee can do to help. Mr. Koziara said that they can resume Polar GoFit and the partnership with Food Services to provide food samples in health classes for students to try healthy foods, both which were not able to happen during COVID-19. Mr. Foley said that he is looking forward to being able to get back to classes where students can work together and problem solve and adding more to higher level classes. Discussion on working on a proposal to increase supports and having a recommendation to bring to the full School Committee in future meetings.

Food Services Nutrition Review

Mr. Finlay said that for transparency he is noting that his wife works for Food Services, but since this is not a financial matter he will be participating in this section. The Chair said that this topic was referred to this subcommittee for review as part of the School Committee goals. Director of Food Services Brendan Ryan shared a presentation that included information on the new USDA guidelines, an example of a school lunch menu, the department mission, Food Service Department competencies, examples of meals that are served, college interns, student tastings, nutrition classes, the hydroponic farm and lettuce usage, new high school salad station for the year 2021-2022, work the summer students do, reducing trash, and Summer Food Service Programs (SFSP) sites.

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Members spoke to how great it was to see all the different things the Food Services Department are doing, how they were instrumental during hard times with food insecurity, the improvements since Mr. Ryan has started such as the community garden, and the educational value for the students who are involved. Mr. Freudberg suggested that a future agenda item or update include information on the new state of the art Fuller Middle School kitchen and if it will play any part in District wide food preparation or nutrition. He said that one of the School Committee goals was to review offerings to ensure meals have quality nutritional value and asked if the District is exceeding or just meeting the USDA standard in terms of desserts and sugar. Mr. Ryan said that they try to exceed all requirements, they work with the John Stalker institute, the desserts are fruit and snacks are all regulated through Smart Snack and food regulations. Mr. Finlay asked about funding to continue the summer food programs. Mr. Ryan said they are maintaining three of the sites this summer, have reached out to Hoops and Homework and other programs, and there will be food available all summer.

Approval of Minutes and Adjournment

Motion: To approve the minutes of June 15, 2020 and adjourn.

Moved: Mr. LaBarge **Seconded:** Mr. Freudberg **Roll Call Vote:** 4-0-0

(Yes: Mr. Finlay, Mr. Freudberg, Ms. Barnhill, Mr. LaBarge)

Meeting adjourned at 6:43 p.m.

Meeting Materials

Agenda

Food Services Snap Shot Presentation

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