

School Wellness Advisory Committee
9:30 am-10:30 am
Wednesday, December 11, 2019 – Minutes
STEM Conference Room at MHS

Attendees: Todd Turcotte, Gorete Wilson, Michelle Smith-Packard, Michelle Bodin-Hettinger, Michelle Blair, Mary Zakrzewski, Jenna Janson, students: Sarah Orentlich, Amy MacGlashing.

Facilitator: Mary Zakrzewski
Note taker: Todd Turcotte

Meeting Norms:

- ✓ **Assume positive intentions:** Feedback & challenges are offered for good of team. Consider all POVs offered. Problem-solving mindset.
- ✓ **Take an inquiry stance:** Strive to understand without prejudgment. OK to play devil's advocate when announced and in transparency.
- ✓ **Advance the conversation:** Offer commentary that summarizes previous contributions and builds upon it.
- ✓ **Ground statements in evidence:** Fewer "I believe" statements. Fewer "gut feelings." Careful of facts = own on both sides.
- ✓ **Stick with protocols:** Agenda prior to the meeting; summarize; be prepared
- ✓ **Begin and end on time:** Shows trust & respect for fellow team members. Let facilitator know if you will be late or unable to attend.
- ✓ **Be here now:** Leave bag of problems at door; pick it up when you leave. No texting, email during meeting. Laptops up only for note-taking/present work. Phones on vibrate
- ✓ **One message:** Clarity, action steps, commitment when we adjourn.

Meeting objectives:

- Make headway on topics brought forth for clarity

Time	Minutes	Activity
9:30		<u>Welcome and Introductions</u>
	10	<u>Recruitment:</u> Invite elementary school SACs, Middle SACs-too busy to leave building, Hospital Rep, United Way-Human Services. Family & Community Liaison-Daisy/Pollyana, Jill Berson- SHINE Initiative Wellness Advisory.
9:40		<u>Community Connections Updates:</u>
		* "Boys and Girls Club – Pete No longer with B&G, Marl B&G no director yet.
	10	* Healthy Families Network -Gorete - We have parents- no pregnancies to date. A city lawyer- Celdon Law 277 Main St is bi/tri lingual an immigration attorney. Great support and outreach.
		* Marlborough Alliance for Prevention – Michelle- MAP- Jan 27 th Chris Sullivan will speak at the Middle school. Presentations during the school day and evening for parents and community. Conversation about inviting Pediatricians and Pedi dentists to MAP.
		* Food Services-Jenna – Offering Harvest of the month- a success: Kale Caesar salads, stir fry, carrots Hawaiian sandwiches, cookie day – free cookie with meal. Breakfast remains available until lunch. Further discussion about filtered water machines-the refill stations aren't working.
	30	<u>Focus Goal areas:</u>
		* Vaping Education-Addiction and cessation program- Kids treatment community based-SYFS (Shrewsbury Youth and Family Services, INC)

Mental Health Issues - "*Mental Health Days*"-an excused absence-*article provided*. -This will allow for open conversation with children and adult/parent. Michelle will mention and acquire about this with her State School Committee meeting tonight. It was noted School refusal is on the rise.

10

Other/ Suggestions: Michelle SP suggested Theater Story tellers as a program to bring into the schools. Michelle B shared the Family Diversity Projects: photos of diversity exhibit you can bring to your community to combat prejudice, bullying, mental health for 2 weeks -1month. There was further discussion around how to implement this. Julie Baker was showing interest in it. Mary will reach out to Julie.

10:41

Adjourned

Next Meeting: February 12, 2020