

District Health and Wellness Subcommittee Meeting  
December 13, 2018 – 3:30 p.m.  
Central Administration Building

Present for the Committee: Mary Ellen Reed, Bonnie Hartung, Jan Plaue, Jessica Larsen, Allison Joy, Sue Murray, Ann Tefft, and Superintendent Tom Conrad  
Claudia Crosen-Cope arrived at 3:55 p.m.

Call to Order

Sue Murray called the meeting was called to order at 3:30 p.m.

Citizens Speak

None

**Priority Business –**

A. Updates from the Director of Food Services

1. Wellfleet Elementary School started a Breakfast Program
2. Nauset High School is going to begin composting and will start a new recycling program.
3. Meatless Mondays – Cafeteria Managers will have special training on more vegetarian items.

**B. Establish or Re-Establish Wellness Committee in Schools**

It was reported that the Middle School and Orleans Elementary School are currently not holding Wellness Meetings. Wellfleet Elementary tries to schedule monthly meetings. Orleans Elementary is not meeting because they established initiatives and have worked through their five-year plan.

Harvesting from various school gardens was reported. Orleans is also getting pea shoots from the NRMS Greenhouse at a retail price. Mary Ellen Reed reported that at Orleans Elementary, they are using 100% of their produce in the cafeteria. The garden is also being utilized in the Science curriculum as well.

Claudia Cope-Crosen indicated that Wellfleet has a wonderful Gardner in the School Program with Sustainable Cape. Part of the program is funded by the REAP grant and 50% is funded by the PTA. Fourth Grade is mapping gardens to scale and using time outside for planning, planting and growing. This engages students and tailors Math, Science and Writing for students. Students needing to self-regulate go to the garden for peace and tranquility. The program is successful because of the quality of the garden educator. There is a lot of Science and Engineering incorporated into lessons. Bonnie Hartung indicated that STEM classes are working with the Greenhouse classes this year.

### Wellness Goal Setting

The Superintendent asked the subcommittee to brainstorm some ideas for a goal for the 2018-2019 school year. Suggestions included: better recycling efforts, more fresh air and movement/vaping, CPR, and self-regulation.

Various spaces in and outside of the classroom for self-regulating were mentioned in the various school buildings. It was suggested to see what people are doing across the country to help kids self-regulate. It was also stated that self-regulation should start in the elementary schools to give kids the tools they need to move forward. Movement breaks versus finding an excuse to go to the nurse or get out of class was discussed. Orleans Elementary School staff use a purple ticket alerting everyone to the reason the student is visiting the nurse or the office, to regulate him/her.

Claudia Cope-Crosen talked about sensory spaces and having those spaces within the classroom. It might not work at the Middle School or High School but it would at the elementary level.

Bonnie Hartung brought up the problem of vaping in schools. Assistant Principals from the High School gave a presentation to parents on the vaping problem. They are also going to do this presentation for students at the Middle School. The Middle School staff wants to support kids moving but they have to police them to make sure they are not vaping in bathrooms.

Mary Ellen Reed suggested looking at this topic from the perspective of health and wellness education. She stated that staff and students must be educated and she would begin this in Grades 4 and 5. She suggested educating the students, parents and staff about vaping. She indicated it needs to happen in the elementary schools as fifth grade students are being targeted.

The Superintendent indicated that goal topics, as mentioned, would be sent electronically for member of the committee to prioritize them. He will then bring this to the Administrators' meeting.

Homework, length of the school day, and students' daily schedules was discussed.

### Review Revisions to the Current Wellness Policy

The Superintendent suggested that members review the revised policy document and come back to a meeting in January for further discussion.

Sue Murray wanted everyone to know that the cafeterias are using environmentally friendly cleaners due to the asthma issues.

### Adjournment

The meeting adjourned at 4:50 p.m.

Ann M. Tefft, Recording Secretary