

Health and Wellness Advisory Committee
Barrington Public Schools
March 3, 2021 8:15 AM

Present at the meeting:

School committee: Megan Douglas, Erika Sevetson

Superintendent: Michael Messoro

Assistant Superintendent: Paula Dillon

PE/Health Department Chair: Corey Downey

School nurses: Denise Flores

Counsellor, BHS: Joanne Royley

Parents: Amy Nunn, Michael Blundin, Jenna Andrews

Chartwells: Nancy Roberts, Kimberly Orr

BAY team: Denise Alves

Student members: Abby Markham

PHS Principal: Pat Tolento

RIHSC: Karin Wetherill

Absent: Ryan Loshaw, Jennifer Roberts, Alexandra Fiore (Trust), Nichole Collins, Christina Glass, Robert Rapoza, Addison White

Megan Douglas called the meeting to order at 8:16 AM. She reviewed the meeting norms.

Dr. Douglas asked for a motion to approve the minutes from 2/3/2020. Pat Tolento moved and Karin Wetherill seconded the motion. There was no discussion. The motion was approved.

The committee reviewed the current plans regarding the charges.

Regarding the **policies**, the following plans and working groups were formed.

1. [Smoking and Use of Electronic Cigarettes/Vaping or Other Similar Devices](#) was revised ([draft revision](#)). Paula Dillon joined Denise Alves, Denise Flores, and Joanne Royley in a meeting with the BHS/BMS administration to review the suggested updates based on best practice and reduced use of suspension/increased use of supports. Joanne Royley explained that she uses the Not on Tobacco program and others, as well as sometimes referring to cessation programs at hospitals. Denise Alves made a motion to accept the revised policy to forward to the Policy Committee. Joanne Royley seconded. The motion passed by consensus.
2. [Alcohol Sensor Device](#) and [Alcohol-Breathalyzer](#) will be reviewed and updated by Erika Sevetson, Robert Rapoza, and Amy Nunn for the April 2021 meeting. Amy Nunn explained that she had updated data to share with the group and she will reach out to the other members.
3. [Communicable Disease](#) (old version). Denise Flores explained the changes she and the School Nurse Educators made to the Communicable Disease policy, which was mostly to bring it into compliance and alignment with statute. The [updated version](#) was

reviewed. Denise Flores made a motion to accept the revised policy to forward to the Policy Committee. Denise Alves seconded. The motion passed by consensus.

4. [Substance Abuse Policy](#) and [Substance Abuse Violation Policy](#) working group met for an initial discussion and will be reaching out to the building administrators for further collaboration in order to bring the revised policy to the April 2021 meeting. The working group includes Joanne Royley, Paula Dillon and Jenna Andrews.

Dr. Douglas mentioned the need to follow-up to the **Adolescent Sexual Health Survey** as mentioned at the previous meeting. This will be discussed again at the next meeting.

Mr. Downey presented the updated [Physical Education curriculum](#), noticing a focus less on specific skills and more on movement, communication, and lifelong fitness, with enhanced choice and independence. He also mentioned the addition of meditation to the curriculum which has been beneficial for the students and the teachers. Deeper learning has been introduced into the elementary curriculum by creating opportunities for more creative thinking, including creating a game--leading to ownership but also the observation that many have almost forgotten that they're exercising. The Middle school curriculum is focusing on goal setting, as well as developing a gender equity/title IX section for the third trimester. The High school curriculum is focusing on fitness and lifetime activities; the teachers are enjoying Zumba as much as the students. The department continues to review the best way to do assessments. Medical leave from PE for students continues to be a concern at BMS and BHS although there has been less of that this year with distance learning.

Mr. Downey also expressed appreciation for the Johns Hopkins Covid-19 curriculum which covered many topics. The curriculum topics were basic, but the students really pushed them to a higher level. He also expressed appreciation to the Health and Wellness committee for continued support with updates to the curriculum; he had just completed a very well received sleep program with the students at the high school. He encouraged members to continue to share resources as they become available.

Dr. Nunn will review the **Health and Wellness Policy** for possible updates for the April 2021 meeting. Karin Wetherill offered to help with the review. Dr. Douglas requested that when they were making recommendations based on the new recommendations regarding sugar content in school foods that they find a way to align the sugar content measurement with what is currently in place. Nancy Roberts also reported that the USDA will be updating the recommendations soon.

The reports were included with the minutes and no additional reports were made..

No public comment.

Future Discussion items:

The two policies and the Health and Wellness Policy will be the discussion items at the next meeting. Dr. Douglas encouraged anyone with other concerns to share them now or at the next meeting.

Dr. Douglas adjourned the meeting at 9:16 AM.

The next meeting is April 7, 2021 at 8:15 AM on zoom.