

Barrington Public Schools  
Health and Wellness Advisory Committee  
BMS Presentation Room  
December 1, 2021  
8:15 AM

Megan Douglas called the meeting to order at 8:15 am.

Present at the meeting: Megan Douglas, Denise Alves, Madeline Crowell, Nancy Roberts, Jenna Andrews, Ilona Martin, Madeleine Kaufman, Abby Markham, Liz Henderson, Ashley Cronin, Erika Sevetson, and Dana DeLory.

Denise Alves motioned to approve the minutes from 11/3/2021. Liz Henderson seconded the motion. They were approved by consensus.

Review of charges:

1. Health Curriculum review scheduled for winter.
2. Adolescent Sexual Health Survey review is pending depending on capacity of administration and staff to meet.
3. Health and Wellness Policy review today. Dr. Douglas provided a background to the Health and Wellness Policy, including changes made in the past 3 years. The committee reviewed the evaluation from the RIHSC WellSat tool. Some notes were made regarding dated evaluations, including:
  - a. WellSat Section 1: The addition of nutrition education as part of the UN sustainability goals at different levels.
  - b. WellSat Section 5: The recent addition of an advertising Policy to the BPS Policy Manual. It does not specifically address food, but does address advertising in the schools.
  - c. A few sentence structure changes.
  - d. Addition of RIGL 16-21-7.1 Healthy Food/Beverage Marketing and Advertising Law to the references.
  - e. Consideration for additional topics to address in the policy or the curriculum: Period Equity, notification and enforcement of the policy, incorporation of bike safety, self defense teaching, eating disorder prevention starting at least in 4th grade with a focus on healthy living, incorporation of students in school-wide education (e.g., diabetes awareness month)
  - f. During discussion of sugar percentage changes and the previous suggestion of no longer having chocolate milk in the schools, two members (both nutritionists) discussed the importance of food choice. This recommendation is in line with previous concerns expressed by administrators and educators.
  - g. A discussion of fleshing out the section on staff wellness with more concrete interventions. At the next meeting, the committee will form a working group to

look at specific options as well as other examples from other school districts, if that exists.

Reports from:

1. RIHSC--not available today
2. Chartwells--Nancy Roberts gave an update on the current status of food service in the schools as well as a grant to support the purchase of food warmers for the elementary schools.
3. BAY Team--Denise Alves gave an update on the upcoming Mental Health trainings and invited anyone interested in more prevention work in the East Bay to consider membership of the BAY Team.
4. The Trust--not available today

Request to discuss any additional topics at future meetings:

The following topics were brought up and will be addressed as part of the Health Curriculum or updates to the Health and Wellness Policy at the next meetings: Period equity, snack provision during the day (outside of Chartwell's purview), eating disorder prevention, self defense classes/teaching, incorporation of bike safety, incorporation of students in general educational programs (e.g., Diabetes Awareness Month).

Public Comment:

No public comment.

Megan Douglas adjourned the meeting at 9:15 am. Next meeting is February 2, 2022 at 8:15 am in the BMS presentation room.