

Health and Wellness Meeting
BMS Presentation Room
02/06/2019 8:30 am

In attendance were School Committee members Dr. Megan Douglas and Patrick McCrann, Superintendent Mr. Messore, Denise Flores, Erika Bulk, Corey Downey, Dr. Michael Elliot, Melissa Coen, Amy Nunn, Dr. Anil Shukla, Jordan Sullivan, Denise Alves (BAY team), Karin Wetherill (RIHSC), Kim Orr, Nancy Roberts, and Barbara Cohen of Chartwells.

Meeting was called to order at 8:30 AM.

Dr. Douglas led everyone in the Pledge of Allegiance.

Nutrition Workgroup Report and Discussion

The group reported out on their meeting and school review.

Key points presented by Dr. Shukla, a member of the Nutritional Work Group:

- We can teach our children to be healthier consumers and phase in the opportunity for choice by selecting appropriate foods.
- We can improve the types of “choice” foods available at BMS.
- This is an opportunity to “phase in” nutritional choice across the progression of our schools (K-5, Middle, High).

Discussion ensued relative to the need and purpose of flavored milk, as well as the need for snacks, and what snacks should or need to be available. What purpose do these snacks serve? What other options are available that could be offered instead of some of the poor nutritional snack options? What is developmentally appropriate at each grade level as far as options, choices, etc.? How can we, at a macro level, minimize exposure to the “bad stuff” and maximize the healthy options?

Discussion Outcomes:

- We want to remain engaged with Chartwells as a partner.
- Nutritional focus points will be (A) K to 5 focus on milk, (B) Grade 6 to 12 focus on snack options.

Review of Milk Rules

- Milk options are skim, 1% & flavored (chocolate)
- Two options must be offered.
- Legal cap is 22g of sugar.

Dr. Douglas made a motion, and Dr. Elliott seconded, to recommend to the School Committee a trial, over the 2019-2020 school year, of serving no flavored milk at all of the elementary schools. Dr. Elliot seconded. The motion passed with all members present voting in the affirmative.

Goal will be to measure the financial data and feedback from stakeholders to see whether or not the trial was successful.

The Nutrition Working Group needs to continue work, especially to include Parent and Student stakeholders. Next steps for this group are to dive into the information related to (1) current snack content, (2) other snack alternatives, (3) provide guidance on any “macro” changes for our snack “rules” (e.g. no Saturated Fats). Along the way, the group should gather actual data from school snack purchases that will be aggregated and presented to the public.

The Lunchroom Culture Working Group met, but the group was limited due to a variety of time and schedule challenges. Discussion ensued related to the incomplete assessment related to the Smart Lunch Scorecard, and the need to expand that to answer questions we find more relevant to our district, as well as the need to have more people involved in the assessment to make more robust recommendations. At the next meeting, we will review the form used for the assessment to make sure it is relevant for all schools and make plans for the Lunchroom group to return to the schools for the assessment through March, then report back to the Health and Wellness Committee in April. It was discussed that the assessment should also include the Cafe Chat data from Chartwells’ January survey to get student body perspective.

Meeting was adjourned at 9:36.