

## **Health and Wellness Committee 03/04/2020 Meeting Minutes**

Present at the meeting: Patrick McCrann, Michael Messori, Paula Dillon, Denise Alves, Denise Flores, Michael Blundin, Corey Downey, Joanne Royley, Pat Tolento, Nancy Roberts, Karin Wetherill, Jordan Sullivan, Christina Glass, Amy Nunn, and Jennifer Reynolds.

Not present at the meeting: Dr. Megan Douglas, Melissa Coen, Alexandra Fiore, Kimberly Orr, and Jordan Sullivan

Meeting called to order at 8:20 am.

The Committee voted to approve minutes from the 2/5/2020 meeting. Mr. McCrann noted that the District is working to have minutes posted to the BarringtonSchools.org site under the Health and Wellness section of the School Committee portion of the website.

### **Presentation of the Health Curriculum by Corey Downey**

- Overall
  - Current curriculum includes many changes proposed in 2018 by the Health and Wellness Committee.
  - Deeper Learning components have been added.
- Grades K-3: Mostly based on RI State Standards
  - Teachers have found a way to integrate exercise and curriculum components to be able to teach and meet PE standards.
  - Addition of Sleep Items.
  - Added After School opportunity re Student from Brown (FIT Club); uses fiction to teach health topics. This has extended to other communities.
- Grade 4 / Grade 5: Content here mostly stayed the same.
  - Internet Safety added (G4)
  - Emphasis on Bullying (G5)
- Grade 6, 7, 8
  - Screen Time Added
  - **\*\*E-Cigarettes** added to G7 [Per earlier recommendations] **\*\* Conference on 5/30/20, see below \*\***
  - Gender Identity added to 7th (formerly only 11th)
  - Sleep Log in 7th
  - **\*\*6th = Abstinence, 7th is STI (not contraception).**
- BHS Overall:

- Added sleep information, independent living (new), incorporated BEF Heart Rate Monitors into PE Class.
- Grade 9
  - Struggling with kids perceptions on Marijuana use (what's real vs not)
    - Adding elements on vaping in Q4 post vaping conference
- Grade 10
  - Use Class Action Cases (law studies as a learning tool)
  - Condom Use...how to best make parents aware.
- Grade 11
  - E-Cigarettes discussed here (Added to 7th grade as well.)
  - Reduced First Aid component to make room for other components
  - Added "Behind Happy Faces Curriculum"
- Grade 12
  - Added Smart Goals around Nutrition (not the losing weight part); self assessment and changes to help with transition to independent living beyond High School.

#### **Health Curriculum Presentation Feedback // Questions:**

- Amy Nuun commented that information on the menstrual cycle earlier in the curriculum is better so young women are in charge of their body; this could also be a good segway to family planning.
- Amy Nuun will send around the updated HIV materials that she worked on.
- RI Dept of Health's RightTime app with information about sexuality (link and hand out); could be used at MS or HS as needed. A place to ask questions privately and get feedback.
- Amy Nuun asked if there was information presented on female contraception. Amy suggested that adding a female Condom model to the presentation piece would help young women be in charge of their sexuality. Amy noted that this information is in the RightTime App listed above.
- Amy Nuun commented that the "age of sexual debut" is much earlier than 10th grade (when it is in the curriculum). It would be better if this was added to the curriculum in seventh grade.

#### **Follow up of the BHS Lunch surveys and other changes to the cafeteria offerings for school year 2019-20**

- Kim Orr absent...Nancy Roberts gave update.
- Held a meeting on 2/14/20 with Student Leaders at BHS (no other schools)
- Reviewed a la carte items at lunches; reviewed State and Fed regulations and health and wellness policy

- Student comments included:
  - Meals were good.
  - A la carte options were less; feel as though 50% of items are missing.
  - Didn't like the look-alike change in menu items; students felt independent enough to make their own choices.
  - Some students are purportedly sneaking out to get food vs eating in school.
  - Concerned about Food Waste / how to improve it via composting.
- Amy Nuun commented that the student feedback showed that the Health and Wellness Committee didn't do enough to bring the students along with the policy changes.

### **Follow up of the Smoking and Use of Electronic Cigarettes/Vaping or Other Similar Devices in School Policy discussion**

Superintendent Messor had no update on this matter for the meeting. Followup is required at a future meeting.

### **Discussion of how and when to address the Adolescent Sexual Health Survey**

Postponed to next meeting when Dr Douglas can attend.

### **Highlights of Health and Wellness reports:**

- a. Chartwells - No updates.
- b. BAY Team - No updates.
- c. RIHSC - No updates.
- d. School Nurse Educators - Denise Flores mentioned that she will be attending the 2020 RI School Health conference in March, with the main topic being "Emerging Public Health Priorities: Sexual Health, Substance Use and Vaping."
- e. RI Trust - No updates.

### **Discussion items for future meetings**

No topics were suggested by the attendees.

### **Public Comment**

- Group photo request from Karin Wetherill for her community work.
- Any Nuun updated the group that an LBGQ center opened in Providence; open to adolescents ([www.odhpvd.org](http://www.odhpvd.org)), includes primary care and express STD screening services as well as gender care.

- Michael Blundin spoke briefly about COVID-19 and current impacts at local hospitals. He included information on actions to take if you are a traveller / have recently travelled or not feeling well. Denise Flores also noted that School Nurses have been talking about the virus in the schools including information on basic hygiene, etc.

The meeting was adjourned at 9:30 am.