

**WELLNESS COMMITTEE MEETING**  
**MARCH 06, 2024**  
**SMHS Room B121 (HS Conference Room)**

**Wellness Committee Meeting Members Present:** Nicola Bordelon - SPS Nursing Dept Head, Cindy Desimone - SMHS Nurse, David Quinn - Assistant Superintendent, Matt Carney - Abbey Food Group, Jennie Macdonald - Nurse, Katie Reilly - Parent/Nurse, Tracey Goodwin - School Committee Liaison, Ashley Katzenback - Parent, Lisa Cahill - District Adaptive PE Teacher, Jim Lehane - Parent

**Call Meeting to Order**

Meeting called to order at 4:15 PM, by Nurse Bordelon.

**1. Existing SPS Wellness Policy**

Nurse Bordelon's Wellness Committee presentation to the School Committee on 1/17/24 summarized how it's been six years since the last Wellness Committee and the committee's first priority is to update the existing Wellness Policy.

The Existing Wellness Policy was discussed.

**2. WellSAT 3.0**

The Wellness School Assessment Tool, which follows Federal Requirement, Farm to School and CSPAP (Comprehensive School Physical Activity Program) was acknowledged and referenced.

**3. Proposed-Updated Wellness Policy SPS Wellness Committee**

Nurse Nicola went over the categories of the proposed Wellness Policy. These proposed items were gathered from previous meetings. Additional items suggested tonight:

*Physical Education Activity Goals*

- Add language: "Encourage students to change clothes for Physical Education to promote cleanliness and better hygiene."

*Nutrition and Physical Education*

- Add language: "The following apply to all grade levels," after breakdown of bullets
- Add language: "Specific details about Physical Education and Health Lessons at each school are available to parents upon request from the student's school leadership."

*Free and Reduced Lunch*

- Change language: "All meals are free permanently" to "Presently, all meals are free."
- Add language: "Nutritious breakfasts and lunches are available to all students, at no charge during the school year."

*Seat Time*

The committee agreed to revisit at a later date.

*Mental Health*

- Add the category "Mental Health".
- Add language: "As a priority, SPS provides social workers/school counselors available during the school day at each school for students."

Nurse Bordelon to send the proposed addition of the Mental Health category to the Counseling Team, Support Services Group, BJ McNamara - Director of Pupil Services and Christine Brown - School Committee.

Nurse Bordelon will include tonight's suggestions to the Proposed Policy. The Wellness Committee will meet one more time before presenting to the School Committee.

**4. Enough Abuse coming to SPS Staff**

- o 4/24/24 - Oak Ridge School
- o 5/08/24 - Forestdale School
- o 5/22/24 - SMHS

Tabled at this time.

**5. Health Fair**

The Nauset Regional District is hosting a Health Fair for all students and families, and Nurse Bordelon suggested the idea for the next school year in Sandwich.

Chiropractor assessments, local dieticians and dance teachers on the elementary school levels; concussion simulation goggles, DUI simulators and Department of Public Health for skin health assessment on the high school level were suggested.

Reaching out to the PTA for funding and employees in the schools to volunteer their expertise (ex: nurses for cleanliness and hygiene) to volunteer were discussed.

Discussion of a Fall or Spring event, piggybacking with other events (ex: Blood Mobile) at the school or the Rec Center or Center for Active Living as other possible venues. Nurse Bordelon will check in with Nauset for an update.

A Food Allergy program/club for SMHS students to educate younger students on how to function in the world with allergies was raised. High School students could get school community service credit. Nurse Bordelon will explore.

**6. Adjournment**

Meeting adjourned at 5:20 PM. The next Wellness Committee meeting will be held on April 3, 2024 at 4:15 PM, with Nurse Bordelon presenting to the School Committee on May 8, 2024.

Respectfully submitted by,

*Lisa Kushkowski*

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Recording Secretary for the Wellness Committee

**DOCUMENTS**

Existing Wellness Policy

WellSAT 3.0

Proposed-Updated Wellness Policy SPS Wellness Committee