**School Health Advisory Council**

Meeting Minutes – March 9, 2015

* **Welcome and Introductions**

Kristie Demirev (Human Services), Jill Gasperini (Nursing Services), Kevin Silvia (Whitson’s Food Services), Mary Ellen Dunn, Ann Redmon, Jennifer Wolfrum, Eamon Sheehan, Carol Shum (minutes), Julie Fenn, BJ Rudman, Bettina McGimsey, Sharon Kendall, Connie Counts (Lexington Youth and Family Services), Martha Kurland, Grace Vogelzang (SADD), Jane Vogelzang (SADD)

* **Updates**
* MaryEllen reported that she will be leaving the district and going to work in Brookline at the end of the school year.
* **Lexington Youth and Family Services** reported that they have two parent initiatives coming up:
* Initiative 1: There will be 3 sessions of a **Parent Book Club** facilitated by Dr. Barry Elkind, Lexington therapist and Connie Counts. They will be reading, “Being the Parent you Want to Be.”
* Initiative 2: On April 12th there will be a **Parent-Teen Dialogue** at Cary Library from 2:00 – 4:00
* The **YRBS** was conducted at the high school on 3/3. Input from SADD students said that students were more serious about taking it than Grace experienced last time.

The **Middle School YRBS** is set for Thursday, April 9th and will

be administered to 7th and 8th graders in a modified format.

There will be a parent meeting next Tuesday, March 17th, with

Amy Farrell and Jack McDevitt from Northeastern at Diamond to

explain the YRBS to parents. The PE/Health staff provided a

presentation to faculty at Diamond and Jennifer will be offering a

presentation to Clarke faculty in two weeks.

* There will be a **parent/student dialogue with Lexington police**

that is focused on underage drinking and house parties on April 9

in room 610 in the World Language Bldg. 7:30-9. The student,

parent and police focus came about from house parties where

alcohol is present along with other substances. The police

enthusiastically want to support the community efforts at

preventing harm.

* A **forum on Marijuana** has been rescheduled to April 28th from 7:30-9 P.M. The presenters are affiliated with Harvard Medical School and are conducting research at the national level. The forum is open to parents and middle and high school students; it is a collaboration between the PTSA and SADD club

A question was raised about what police do when they arrive at a house party. The response was that it depends on the situation. If there are no parents at the home, the police assess safety issues and they can enter and contact parents. They can charge parents under the Social Host Liability Law. The possibility of public shaming was brought up; people commented that they never see anything in the local paper about these parties. A follow up question asked if the police in Lexington issue court dates for students who attend house parties with alcohol and drugs and must the teens appear before a judge? The response was that one Juvenile Probation officer works out of 2 different courts so it is a challenge to provide services to lots of youth. Parents do have to attend if a case goes to the court level.

Another question came up about heroin use. It was reported that Winchester is starting to see heroin within their community. People in Lexington are paying attention to heroin use, but it does not seem to be present at the high school level. While heroin is not currently a problem in our schools, it is definitely a concern. Jill Gasperini reported that this Thursday, nurses, guidance counselors and health teachers will come together to discuss street drugs including opiate addiction and the nurses will learn how to administer Narcan.

* **SADD Club**: April 15th is the annual “2 out of 5 Day”; this represents 2 out of 5 teens who will be involved in an alcohol related accident. Almost 800 students get sashes to wear to visually represent the 2 out of 5. SADD also gives caution tape sashes to the faculty members. SADD recently held a Laser Tag event; they are doing more to promote healthy, alcohol and drug free activities. These represent healthy alternatives and stress reducing activities.

Grace (SADD) suggested that underage drinking could be impacted through working with the coaching staff. She said that some of the coaches are not saying anything when athletes drink. Instead they turn a blind eye when hear about student athletes drinking or doing drugs. She pointed out that it is a privilege to be on the sports teams. The coaches/trainers could have a big impact on enforcing no alcohol during the sports season for athletes on the team. MIAA rules require a mandatory 2 week suspension. It was suggested that it would help to get Naomi Martin involved. The spring coaches’ meeting has already taken place, but coaches will meet in June for the fall season. Perhaps SADD student athletes could come to the coaches meeting.

Perhaps SADD activities can be offered to coaches as alternatives.

As part of this discussion Mary Ellen mentioned that she went to a presentation by Denise Clark Pope, a former student teacher at LHS, about “Challenge Success”. Challenge Success.org. has a tool on their web site that looks at how a student’s time is budgeted over the course of a week. Parents and students must sign off on whether to take AP class based on this analysis. 7-8 hours of sleep a night must be budgeted in to the plan. Denise has a new book coming out that includes statistics such as: more youth accidents occur for lack of sleep than for drunk driving now. Perhaps we could discuss bringing her to Lexington as a guest speaker at our May 4th meeting when we discuss ideas for next year.

Connie mentioned that there is a networking opportunity through Richard Wyseborg’s Making Caring Common. Being involved in more networking was a recommendation from the Ad Hoc Committee on Youth at Risk that was at the very end of the report.

* **Reconvene Food Service Committee** (Mary Ellen Dunn)

Every 3 years it is necessary to conduct an administrative review of the district’s Wellness Policy. DESE conducted an assessment of our policy.

One thing that they determined is that we need to build the assessment into the policy. The Wellness Policy goes beyond food services and includes recreation and the health and physical education curriculum. Liz Weiss expressed interest in being part of the committee. Mary Ellen said that students would be welcome to participate. She will look into giving community service credit to any student who participates.

A question was asked about the number of students on reduced/free lunch in the district. The answer is 6-7% of students in Lexington are on reduced/free lunch.

* **Lexington Parent Academy**

Save the Date e-mails were sent out late in January by the PTSA list serves. Press releases were sent in mid February to the Colonial Times, Lexington Minuteman and Lexington Patch as well as distributed through the central offices list serve to all parents. Someone suggested that it would be nice if principals would promote/encourage parents to attend at least one session. All of the principals and assistant principals have been informed about the event.

Sample folders for the Parent Academy were shared for input and review. Someone suggested that the date and location be added to the workshop schedule as well as the Workshop Summaries and Schedule. It was also suggested to add blank paper to the folder so people can take notes. Other suggestions included adding the last name of the presenter beside the title of each presentation. Mary Ellen requested that the materials be provided for the Joint Council meeting. She also said to talk to Deb Harvey to get the print shop to create a notes pad for the packets.

Frame it as the first of what we hope will be an annual event. Stress the idea that we hope there will be future academies.

There are many sponsors: School Health Advisory Council, Human Services Department, PTSA/O Presidents Council, Lexington Chamber of Commerce, Lexington Youth and Family Services, Chinese American Association of Lexington, and Indian Americans of Lexington.

There will be a resource table for flyers, stress balls, Red Flags and Resources booklet and other resources for parents.

People offered to take flyers to different upcoming events (Kindergarten orientation and Emergency Management meeting). Jennifer will create a flyer to handout and get it out to people as soon as possible.

* **Brochure for SHAC**

The brochure for SHAC is printed and available. Jennifer distributed copies and everyone was very impressed by the quality of the design. Leslie Zales started the effort 2 years ago and connected Jennifer with Betsy Sarles who transformed the draft into a professional, trifold leaflet that will advertise and promote what SHAC does.

**Next meeting: May 4, 2015**