



January 22, 2024
Notes

School Representatives, Updates:

- Teresa Murphy, Superintendent, Mansfield Public Schools: Congratulations to our Human Resources Department who were recognized by MIIA (Massachusetts Interlocal Insurance Association) for the efforts they have made in the area of employee wellness. They have done a great job promoting MIIA programs that encompass nutrition, fitness, and mindfulness. The Town will receive the MIIA Excellence in Wellness award due to the creative work by Jocelyn LeMaire, Stephanie Kierys, and Amy Donnelly.
- Amy Donnelly, Human Resources, Town of Mansfield: Our Department was awarded a wellness grant through MIIA to support efforts to create a culture of health and wellbeing in the workplace. Last year, the Town of Mansfield and Mansfield Public Schools used the funds to partner with 6AM Health to provide healthy snack options for school employees. This year's grant will be used to create Wellness Boards (or hubs). These boards will house information regarding various aspects of one's overall wellbeing, including in-person classes, frequently asked questions and details on the MIIA member portal.
- Deb Cosgrove, Jordan/Jakson Cafeteria Supervisor & Jen Memoli, Health Teacher, Jordan/Jackson Elementary: Working together on the Harvest of the Month for the months of February, March, & April. 4th & 5th grade students will participate in classroom lessons with Ms. Memoli and draw posters with information on the harvest of the month which will be displayed around the cafeteria. Cafeteria staff will use the harvest in breakfast and lunches and will be highlighted in monthly menus.
- Michaela O'Shea, Physical Therapist, Roland Green Preschool: Roland Green has wellness themes each week which include nutrition, exercise, good choices, and feelings. Sensory centers and activities correspond with these themes as well as classroom mystery readers which have included guests such as a local dentist, a town firefighter, and our school nurse.
- Felecia Frank, Assistant Principal, Robinson Elementary School: Administration and guidance working on a new project - Expressions through Literature - developmentally appropriate resource packets/books for families to use during times of stress or transition with support from Robinson counseling team.
- Katherine Perreault, Assistant Principal, Jordan/Jackson Elementary School: Described Jordan/Jackson's recess enrichment program at Jordan/Jackson created for students

struggling with social skills and those who have other interests besides unstructured play. 6 week blocks with varied activities including legos, cheerleading, STEM, book club, walking club & checkers. This is the second year of the program and it has great student participation.

- Heidi Waite, School Nurse, Qualters Middle School: Following up on parent and student requests, menstrual products which have previously been supplied through the nurse's office have now been placed in student bathrooms in baskets. Dispensers to be hung in bathrooms soon. Dispensers provided through an organization in Hingham that supports the I AM Bill: An Act to Increase Access to Disposable Menstrual Products in Prisons, Homeless Shelters and Public Schools: S.2491 and H.534.
- Matt McGuire, Assistant Principal & Betsy Savoie, School Nurse, Mansfield High School:. Starting to prepare for Staff Wellness Week this year. Last year was a huge success with staff. The week included surprises and programming before and after school for staff such as snacks, water bottle stickers with a wellness theme, walking in the morning, yoga/stretch, art class, drums alive, and other invigorating activities. Mr. McGuire commended high school students who have come forward to administration or staff to report their friends who are struggling with mental health issues and initiate support for them
- Abigail Zukowski & Megan O'Neil, Student Representatives, Mansfield High School: Spoke about various clubs that students are involved in at the high school including Best Buddies which they both participate in. Applauded the addition of more hallway/bathroom monitors and the hall pass which has controlled bathroom activity making them more accessible to everyone. Expressed gratitude for a well attended and spirited homecoming dance this past fall and for the student focused activities during spirit week.

Christine Dooling, Director of Health Services: Communities That Care 2023

- [2023 Pride Plus Youth Survey Results](#)
- Discussed plans to use this information for future planning, ways to inform students of results in health classes or poster format.
- Discussed how to use these results to guide programming.

Betsy Savoie, MHS School Nurse & Heidi Waite, QMS School Nurse: Vaping Diversion Program,

- Overview of the Vaping Diversion Program in place at MHS and QMS for students who are caught vaping in school
 - Two step process: online class and then session with our school nurse.
 - Reasons for vaping and support needed to quit are discussed.
 - Has been well received with students.
 - Discussed possibility of peer led support group in the future.

Next Steps & Overview of Next Meeting

- Potential topics for the council addressed.
- Looking towards a tangible project for the council to support.