

School Health Advisory Council (SHAC)

School Year 2023

June 12, 2023

MEETING MINUTES

John Daileanes, Lynne Bennett, Zillie Bhuj, Nicole Gregoire-Allis, Meredith Shaw, Laurie Zywiak, Maura Gray, and Melissa Steinberg.

Time:

8:30am-10:00am

Introductions and Inquiry

Lynne opened the meeting giving space for any “fly balls” or discussion on current events. We often start SHAC with this time knowing community events impact the wellbeing of students, staff and parents.

Lynne B - Shared an expectational time supporting Boston Gay Pride this weekend

Laurie Z - Shared she also had an exceptional time sharing in Salem Gay Pride this weekend

Melissa S – Shared exciting summer travel plans to Italy

Maura G - Shared exciting summer plans up north

Focus of Meeting:

Finalizing the goals for SY 24:

Themes from prior meetings included: Anxiety vs. Healthy Stress, Unifying actions (staff, students and parents), and effective problem solving.

Discussion:

How can we connect stress management with nutrition, healthy eating, healthy sleeping etc?

Melissa S- There are parallels to the work SHAC does and other groups. Is there a way we can collaborate or share in their time? (SEL, Mentoring Program etc)

Nicole G.A- Bathroom Bids = monthly themed posters placed in bathrooms for students to read and take information if needed (staff and student bathrooms).

John D - Shared the positive work Mary Jo C did while she was Masco Principal and looks forward to the work Katie D will do.

Zille B - Mentioned how Mary Jo C shared at School Committee how the way staff, including central office, came together to bring hundreds of chairs from the football field in to the field house, was the most unifying experience she felt in her last 2 years. What does that tell us about unifying acts at Masco?

Do we need to find a way to infuse more unifying actions throughout the school year? Quarterly? In the Mentoring Program? Can SHAC learn what already takes place and share the time to do something which brings staff together and laugh?

Ideas included: Yoga, Zumba, Flash Mob moments
Can Yoga be introduced during SEL PD SY 24?

FY 2024 (First SHAC Mtg 9/11/2023):

SHAC should consider having sub committee's which will help focus the work/action plans.

- Committee #1: Review Wellness Policy
- Committee #2: Consider a unifying activity and consider how it can be planned into the school year.
- Committee #3: FY 25- Plan unifying activities into PD on Wednesdays
- Committee#4: (?) Returning to a green cafeteria

Other:

YRBS Survey

Initial notification will go out via Masco over the Summer

Hoping to have an increase in respondents (FY 23 less student responses vs. prior years).