

School Wellness Advisory Committees

District Name: Lexington Public Schools

Does your district currently have a School Wellness Advisory Committee? Yes No

If so, what's the name of this group? School Health Advisory Council

How often has it met during this school year? 4 times times.

What are the major health or wellness issues that the group focused on this year?

Review of YRBS results from 2017 survey and health risk concerns for Lexington youth: Substance Abuse which included underage drinking, vaping among middle and high school students, and health risks associated with youth marijuana use. Wellness policy assessment conducted and recommendations for 2018-2019 school year. New sub-committee to focus on LGBTQ+ issues among Lexington youth which included reviewing school and town policies and health risks for this population. Parent education which included nutrition promotion, safe and healthy food preparation. 4th annual Parent Academy on student health and wellness, emotional health and safety around bullying/cyberbullying. Stress reduction, coping skills and management, resiliency, mental health screenings and suicide prevention are ongoing focus of the council. Increased student attendance and participation in meetings.

Are the following members of your group? (Check yes or no) If not, who could you recruit?

Category	Y	No	Name of current or potential member(s)
Nurse/Health Services	X		Jill Gasperini
Physical Education Staff	X		Eamonn Sheehan
School Nutrition/Food Service	X		Kevin Silvia,
School Committee	X		Jessie Steigerwald
School Administration	X		Ian Dailey
Parent(s)	X		Gretchen Reisig, Tanya Gisolfi, Karen Griffith
Student(s)	X		Jess Zedros, Spencer Hart-Thompson, Alasdair Fletcher, Rachel Wong
Community Youth Agency	X		Erin Deery, Exec. Director of Lexington Youth and Family Services
Community Members	X		Martha Kurland, Connie Counts
Board of Health, Physician	X		Gerald Cody, Director of Public Health, Lexington
Health Educator	X		Julie Fenn
Mental Health/Social Services	X		Charlotte Rogers, Town of Lexington Director of Human Services
Law Enforcement	X		Lt. Jim Barry and Det. Kristina Hankins
Other			Val Viscosi, LPS Director of Counseling; Sion Harris, Lexington parent, Assistant Professor of Pediatrics at Harvard Medical School, and Co-Director of the Boston Children's Hospital Center for Adolescent Substance Abuse Research

Does membership in this group reflect the cultural, linguistic, and ethnic makeup of the community? Yes No

How could the composition and functioning of this group be improved? Outreach to existing members who have not been attending regular meetings and outreach to new members.

Are there school-level health teams/committees in your district?
 In no schools In a few schools In most schools In all schools
 (IE: Wellness champions, School Student Support Teams)