QUINCY SCHOOL COMMITTEE

POLICY SUBCOMMITTEE MEETING

A meeting of the Policy Subcommittee was held on September 30, 2026 at 6:00 pm in the Coddington Building. Present were Policy Subcommittee Members Mr. Paul Bregoli, Mrs. Kathryn Hubley, and Mrs. Tina Cahill, Chair. Also present were School Committee Members Ms. Kate Campbell, Mr. Tom Leung, and Mrs. Courtney Perdios; Superintendent Kevin Mulvey, Assistant Superintendent Dr. Erin Perkins, Ms. Sara Dufour, Mr. Michael Marani; and Ms. Laura Owens, Clerk.

Director of School Nutrition Sara Dufour presented an overview of the proposed revision to School Committee Policy 1.7 *Wellness.* The School Nutrition department worked with a wellness coach on creating this revised policy, which is subject to review every three years. The revised Policy was reviewed and approved by the Department of Elementary & Secondary Education.

Mr. Bregoli asked about recess; Superintendent Mulvey confirmed that students in elementary and middle school have scheduled recess each day to precede or follow their lunch period.

Mrs. Hubley asked about including the free meals policy in the Wellness Policy. Ms. Dufour said this is currently a law and it is not recommended this be included in case the law changes.

Mrs. Hubley noted that the previous Wellness Policy allowed for exception ("treat") days but those are no longer permitted. Ms. Dufour said schools will be notified once the revised Policy is approved by the School Committee.

Mrs. Cahill asked for clarification, this Policy revision is documenting the School Nutrition procedures already in place to meet the requirements of state and federal regulations.

Mrs. Hubley asked about the effect of the revised Policy on the vending machines. Ms. Dufour said the vending machine items have to meet the nutritional standards. Mrs. Hubley asked about athletics events; since those are after school, they are not subject to the same standards.

Mr. Bregoli made a motion to approve the proposed revision to Quincy School Committee Policy 1.7 *Wellness* as presented. Mrs. Hubley seconded the motion and on a voice vote, the ayes have it.

The revised Policy will appear on the October 14, 2026 School Committee agenda for discussion and will be eligible for vote on October 28, 2026.

Assistant Superintendent Dr. Erin Perkins presented an overview of the proposed revision to School Committee Policy 10.9.3 *Restraint, Seclusion & Time-Out Policy*, which has been updated to correspond to recently revised regulation. QPS does not use seclusion or prone restraint, but the language is required to be in the Policy as it matches the regulations. The updated regulations have been shared with all principals and training has been provided by Murphy, Hesse, Toomey & Lehane staff to administrators, classroom teachers, and paraprofessionals. A system for district-wide documentation has been developed through a Google form so events can be reviewed.

Mr. Bregoli asked how students in out of district placements are monitored. Dr. Perkins said that families are notified and any use of restraint is documented as well. Dr. Perkins emphasized that restraints are very rare in Quincy Public Schools, a handful each year. Holds are of a short duration to help the student reset. 90% of training is in de-escalazation strategies to avoid restraint.

Mrs. Hubley asked about how often training is conducted. Dr. Perkins said certification has to be renewed every other year and refresher training is done the other years.

Mrs. Hubley asked about parental notification, Dr. Perkins said parents are called almost immediately, using the Family Liaisons for assistance if needed.

Mrs. Cahill asked how student privacy is protected. Dr. Perkins said sometimes students can be moved to the Guidance Office (guided escort) or out to the hallway. In other cases, other students may be moved from the room. Dr. Perkins said most students are able to re-engage in the classroom after de-escalation.

Mrs. Cahill asked how the revised Policy will be communicated to parents. Dr. Perkins said the Special Education Rights & Responsibilities handbook will be updated.

Mrs. Hubley made a motion to approve the revision to Quincy School Committee Policy 10.9.3 *Restraint, Seclusion & Time-Out Policy* as presented. Mr. Bregoli seconded the motion and on a voice vote, the ayes have it.

The revised Policy will appear on the October 14, 2026 School Committee agenda for discussion and will be eligible for vote on October 28, 2026.

Mrs. Cahill made a motion to adjourn the meeting at 6:40 pm. The motion was seconded by Mr. Bregoli and on a voice vote, the ayes have it.