

Health and Wellness Meeting - 9/23/21

Attendance: Tom Burnell, Emily Davison, David Aierstok, Christine Kozma, Brett King, Larry Anthony and Stacy Stolliker

1. American Rescue Plan Ideas

- Total renovation/addition of the existing fitness room
- Mindfulness room
 - Discussed the following: the room we are using now, what and how the mindfulness room at Arlington High School is set up (corners for different activities like mats for movement, interactive TV for meditation, coloring, whiteboard, dim lighting and water elements)
 - Can look up Mindful Schools for more ideas
- New/additional bike racks at all district schools
- After school programs
- CLS
 - Sensory material (foot rollers, bands, bands with beads)
- Does CLS have a sensory space?
 - No classroom open at all and there is really no space
 - It was mentioned that unless a classroom was added onto the building that it would be very difficult
- Parent Academy
 - Bring in renowned speakers for the PA night(s)
 - Attending conferences
 - Ideas for non-instructional staff is something we need to think and discuss

2. Fitness Programs for staff

3. Athletic Facilities - members of the community were disappointed that we were not able to use our fields and that some teams had to go off campus to participate in their sports

Date of Next Meeting - 10/13/21