

# Health & Wellness Committee Meeting

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Wednesday, November 1, 2023

District Office 3:00 - 4:00

## MEMBERS/ATTENDEES

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| <input checked="" type="checkbox"/> Katie Andersen - Asst. Superintendent                        | <input checked="" type="checkbox"/> Carolyn Peck - District Coordinator            |
| <input checked="" type="checkbox"/> Tom Burnell - Asst. Superintendent                           | <input checked="" type="checkbox"/> Rose Anne Serpico - BOE Trustee                |
| <input type="checkbox"/> Emily Davison - Director of PPS   | <input checked="" type="checkbox"/> Ed Davenport - RHS Principal                   |
| <input type="checkbox"/> Meg Rodier - RHS Social Worker  | <input checked="" type="checkbox"/> Theresa Costakis - Nurse                       |
| <input checked="" type="checkbox"/> Larry Anthony - Food Service Director                        | <input checked="" type="checkbox"/> Beth Heady - BMS/RHS Greeter                   |
| <input checked="" type="checkbox"/> Regina Messa - Sec. to BMS Principal                         | <input type="checkbox"/> Shai DiMetro - Teacher                                    |
| <input type="checkbox"/> Nicole Reuter - Teacher   | <input type="checkbox"/> Mary Fleischhauer - Teacher                               |
| <input checked="" type="checkbox"/> Melissa Mincher - Teacher                                    | <input type="checkbox"/> Student Member - TBA                                      |
| <input type="checkbox"/> Student Member - TBA  | <input checked="" type="checkbox"/> Stacy Stoliker - Admin. Assist. to Dir. of PPS |
| <input checked="" type="checkbox"/> Katherine Mustello - Sec. to Dir. of Facilities & Technology | <input checked="" type="checkbox"/> Andrea Pyros Nevarez - Parent                  |

## AGENDA

Beth Heady brought a book [Something,Someday](#) to share with the committee.

## SURVEY TO STUDENTS

Grade 9-12, and simple survey with checkbox. Collaborated with M. Rodier to create. Grade 6-8 is the same, only difference is removed college applications as a choice. Grade 3-8, wording will be adjusted to be age appropriate.

Hope to use PE teachers for grades 6-12. Brett K to help with 3-5. General consensus is to leave anonymous and allow students to add their name. Allow a space for students to ask for follow up with a school counselor. Leave the same option for grade 3-5 with simplified language.

A. Pyros suggested adding loneliness or lack of friends, feeling left out. K.Andersen and S. Stoliker asked if it should ask about friends harming themselves. K. Mustello suggested the other choices are what lead up to self harm so take out self harm. M. Mincher suggested asking about gender. T Costakis suggested adding to mental health choices, perhaps “my own identity”. E. Davenport asked if drug/alcohol use of others should be included. K. Andersen agreed, add another checkbox. Add conditional formatting for a drop down for self, peers, family. A. Pyros mentioned dating safety/dating violence. Grades 3-5 change peer pressure to feeling left out. Add teasing, and change academics to grades. Add homework as a choice, and change to just family not health of a family member.

C. Peck to speak to D. Aierstok and M. Lobrutto to get their input. Goal is to have it out and data compiled by our November meeting.

## **GARDENS**

Garden creation at CLS. K. Andersen briefed the committee on the garden plan. There is a committee being formed at CLS for this project.

## **WEIGHT ROOM**

C. Peck described the afterschool program they ran in the weight room. Space allows for a lot of equipment.

There is a desire to have the room made bigger and make a glass wall so teacher can monitor from the gym. There are requests for equipment that can be moved out to the “stage” area.

Coaches that use the room should have input. There is a time limit for spending the funds. Update all the equipment that is here for safety. Storage for equipment is needed.

First step would be to excess the current equipment. R. Serpico suggested focusing on larger equipment that people don't have at home.

K.Andersen asked for floor plans. R.Serpico mentioned we need to know the structure of the room to decide what is feasible. C. Peck reminded us all that each coach and PE teacher want different things. And that this should be a space for teacher's as well. K. Mustello to share floor plans with K.Andersen and C.Peck.