

Health & Wellness Committee Meeting

Wednesday, September 27, 2023

CLS - PD Room 3:00 - 4:00

MEMBERS/ATTENDEES

- | | |
|--|--|
| <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 checked="" type="checkbox"/> Shai DiMetro - Teacher |
| <input type="checkbox"/> Nicole Reuter - Teacher | <input type="checkbox"/> Mary Fleischhauer - Teacher |
| <input 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 Member |

AGENDA/MINUTES

INTRODUCTION

- Introduction of members of the committee
- Discuss the general goals of Coordinator
 - Efficient meetings
 - Weight room update/upgrade
 - Focus on mental health of students AND adults
 - body/mind/spirit focus on nutrition

HISTORY

- Previous members discuss brief history of committee

- Several student events (speakers)
- Advancing CPR/AED to make available to staff
- There is a \$5000 fund for student presentations available
- There is also money available to renovate the weight room (through ARP funds), but there is a deadline of 9/2024
- Drug and alcohol programs for students and parents
- Inclusive wording/invitations so all know they are welcome
- Stop the bleed program

STRATEGIC PLAN

- Link committee goals to strategic plan
 - Goals established from results of survey to students & staff
 - Create questions for survey as a committee

Development of survey, open ended or directed? Address issues or create new opportunities?

Did family and parent survey provide any insight for Health & Wellness? K.A. There might be a few elements that cross over, but nothing stands out at the moment.

How can we help you? How can we better support you? What are you worrying about? E.D suggested asking for one word answers. Suggest answers that we know we can cover? What grade can do a survey? 3-12? How to address lower grades if at all. 3 surveys one for grades 3-5, 6-8, 9-12. R.S. said don't leave drugs and alcohol off lower grades. Bussing was discussed, safety of walking/biking. Survey suggestions will be sent out so they can be discussed prior to the next meeting.

Empowerment

Poor student attendance was brought up

PARTNERSHIP WITH CAPE

- Free services, and paid service available
- How would we like to partner with CAPE

- Victim impact speakers, usually tied to drunk drivers
- Is health and wellness the place to decide if/who to have present
- Debrief time must be a priority

Ideas for this year: Narcan training for staff & parents; gardens

Discussion of board policy regarding health and wellness

Health and wellness presence on web page