

Wellness Council

February 21, 2019

Meeting Minutes

Attending

Colleen Murray, Superintendent
Robert Davis, Principal
Sara Patterson, Chartwells
Frank Labbate, Teacher
Peter Ferrara, Chartwells
Marjorie Nusom, School Psychologist
Kate Beeman, Teacher
Andrea Hubbard, Teacher
Jen Bobok, Nurse
Marie Bartels, Parent

Absent

Portia Whitted, BOE Lunch Program Coordinator
Dr. Namita Wijesekera, BOE/Pediatrician
Michelle Cicarelli, Parent
Jennifer Searles, Parent
Dr. Jennifer Kapo, Parent

Call to Order

1. Mrs. Murray called the meeting to order at 3:33 p.m.

Discussion

1. Wellness Dollars (Connecticare Grant)

The committee visited the Fitness Room. Mr. Labbate provided an overview of equipment available.

2. Updates

- **School Lunch Advisory Board**

Mrs. Murray provided the committee with an update on the efforts of the School Lunch Advisory Board which met on January 30th. The Advisory Board's next meeting is scheduled for May. Mrs. Bartels reported on her visit to the cafeteria to look at ingredients. Mr. Davis shared that the monthly newsletter is well received. Mrs. Bartels asked if plastic generated by the cafeteria could be used for the TREX Challenge. There was a discussion about cross-contamination.

- **Fitness Options (Kate Beeman)**

With snow cancellations and delays, Mrs. Beeman has not had a chance to present the after school wellness opportunity to staff. Mr. Davis has added her to the agenda for February 26th operational meeting.

- **BCS Gets Fit** (Frank Labbate)
Mr. Labbate presented a Family Challenge in November and plans to offer another one in the spring. Mrs. Beeman offered to help to organize.
- **Social/Emotional Learning** (Bob Davis/Marjorie Nusom)
The Parent Academy scheduled for February 20th was cancelled due to inclement weather and has been rescheduled to March 5th. Mr. Davis reported that the presentation will be posted to the BCS website. Mrs. Murray and Mr. Davis provided the committee with a brief explanation of Project 375 which promotes Mental Health Awareness. More information to follow on a community-leader training.
- **Gun Safety** (Bob Davis)
Mr. Davis consulted with Trooper Dave Merriam and the State Police will provide information on the topic for a flyer or newsletter. Other suggestions for flyer/newsletter topics included Prescription Drop Off and Vaping.
- **Bicycle Helmet Safety** (Colleen Murray)
Mrs. Murray reported that the topic is scheduled for a May Community Meeting to raise awareness and she is working with the Lions to promote in the community.
- **5K Color Run** (Marie Bartels)
Mrs. Bartels gave an update on the Color Run planning. The event is scheduled for May 3, 2019. A discussion took place on planning details that need to be addressed. Mrs. Bartels will consult with her co-chair, Janice Howard (P&R), CERT, State Police, Linda Saffran, and those in the BOE office to create a timeline and checklist.
- **Food Trucks** (Jennifer Kapo)
Dr. Kapo was unable to attend but continues to explore food truck options for the night of the Color Run.

Next Meeting Date:

- March 6th 3:30 pm BCS Conference Room
- May 29, 2019

Adjournment

The meeting adjourned at: 4:26 pm