

# Wellness Council

January 23, 2019

## Meeting Minutes

### Attending

Colleen Murray, Superintendent  
Robert Davis, Principal  
Stephanie Noto, Chartwells  
Fred Valfer, Chartwells  
Portia Whitted, BOE Lunch Program  
Ben Leahey, Chartwells  
Marjorie Nusom, School Psychologist  
Dr. Jennifer Kapo, Parent  
Kate Beeman, Teacher  
Andrea Hubbard, Teacher  
Jen Bobok, Nurse  
Marie Bartels, Parent

### Absent

Frank Labbate, Teacher  
Dr. Namita Wijesekera, BOE/Pediatrician  
Michelle Cicarelli, Parent  
Jennifer Searles, Parent

### Call to Order

1. Mrs. Murray called the meeting to order at 3:31 p.m.

### Discussion

#### 1. Wellness Dollars (Connecticare Grant)/Staff Survey Results

Colleen Murray reported on the progress of the Fitness Room. Equipment has been ordered and received. Additional equipment requests by staff will be reviewed and purchased if appropriate. The Health Waiver and Release of Liability Form is located on the website under Staff Resources. Once a staff member submits the form they will receive access to the Fitness Room which will be available for use before school 7 - 8:15 am and afterschool from 3:15 - 5:30 pm. The room is equipped with appropriate signage and training videos are available in the room for staff to use to guide their workouts.

Wellness Council Members would like the opportunity to see the set up. Colleen will ask Mr. Labbate to reach out to Council members to invite them in to see the Fitness Room. If not possible, Colleen will put a visit to the Fitness Room on the February agenda for all Council members.

Stephanie Noto, offered support from Chartwells to offer Adult Wellness Programs.

## 2. Updates

- **School Lunch Advisory Board** (Colleen Murray)

Colleen Murray provided the committee with an update on the efforts of the School Lunch Advisory Board including:

- Menu Monitoring - Over the course of three months, only once were the advertised meal choices different than those served. Andrea Hubbard questioned Fun Lunch offerings and Ben Leahey will look into it further. Ben created a colorful, user friendly menu for BCS. Efforts to improve meal counts has improved and will continue to be monitored.
- Student Focus Group Findings - Student representatives conducted a survey during all lunch waves and will report their findings to the School Lunch Advisory Board next week.
- Menu Improvements - Chris Ryan made several improvements to menu choices and Ben will continue this effort. Marie Bartels asked if ingredients could be provided to parents and Stephanie Noto explained that it would be a laborious clerical task but invited Mrs. Bartels into the kitchen to review labels if so desired.
- War on Waste - The Green Team will sponsor the War on Waste in the Spring after their TREX Plastic Project.
- Communication - Chartwells (Ben and Stephanie) will work with Bob Davis to create a monthly newsletter for BCS.

- **Fitness Options** (Kate Beeman)

Kate Beeman reported that the Girls on the Run Program, as designed by the Organization, is not feasible to implement at BCS. The committee would like to see additional after school opportunities for students to promote physical fitness and healthy lifestyles. Kate will bring this up at the next BCS Operational Meeting to see if there's any interest from staff to submit proposals. Kate will also reach out to Sue Carpenter to get a list of scheduled after school events. Chartwells shared that they can support wellness cooking classes to promote healthy eating habits. Fred Valfur and Colleen will look into contract language for the possibility of using the BCS kitchen for such cooking classes. Other options included the kitchen in the ADL Room at BCS and the kitchen at Town Hall.

- **BCS Gets Fit** (Frank Labbate)

Frank was unable to attend the meeting and Mrs. Murray will ask him to send the committee a report on the BCS Gets Fit Challenge status. Question: When a student and their family complete a challenge do they get any notification of completion?

- **Social/Emotional Learning** (Bob Davis/Marjorie Nusom)

Marjorie Nusom gave a report on the status of Social and Emotional Learning at BCS. She referenced the CASEL graphic which can be found on the SDE website to outline the District's efforts including:

- Parent Academy (February 20th) Social and Emotional Learning
- Policies (i.e. Bullying Policy)
- Programs and Practices (i.e. PBIS, Second Steps, Tiered Intervention, Support Groups)
- Mental Health Literacy

Colleen shared that the Strategic Planning Committee is meeting January 30th and Social and Emotional Learning will be a topic of discussion during goal setting.

- **5K Color Run** (Marie Bartels)

Marie Bartels gave an update on the Color Run planning. The event is scheduled for May 3, 2019. A discussion took place on a variety of planning topics including:

- Route - Possibility of starting and finishing up at the running track.
- Timers - 159 club available
- Color Run Specifics
- Fun Run Options
- Pricing
- Event Details - Marie will arrange a meeting with Jennifer Searles, Colleen, Linda Saffran, Sue Carpenter, Brandy Spargo and others as needed to share last year's 5K notes.

- **Food Trucks** (Jennifer Kapo)

Jennifer Kapo reported on confirmation from Sugar Bakery and Cassius Cheese Truck and is pursuing a pizza truck. She received other suggestions from committee members that she will explore.

- **Gun Safety**

A question was raised about whether or not BCS offers any Gun Safety Awareness given the ruralness of the town. Mr. Davis thought it was briefly covered in DARE but would check with Trooper Dave and the Safety and Security Committee when they meet on 1/24/2019.

- **Bicycle Helmet Safety**

Colleen Murray shared that May is Bicycle Helmet Safety Awareness Month and that the Lions would like to partner with BCS to offer some type of program. Colleen will run point on this program and ask for help from the committee as needed.

**Next Meeting Date:**

- Thursday, February 21, 2019 - Colleen will send out minutes of 1/23/2019 meeting and invites for the February meeting.
- May 29, 2019

**Adjournment**

The meeting adjourned at: 4:50 pm