

# Wellness Council

November 20, 2018

## Meeting Minutes

### Attending

Colleen Murray, Superintendent  
Robert Davis, Principal  
Chris Ryan, Food Service  
Marjorie Nusom, School Psychologist  
Kate Beeman, Teacher  
Andrea Hubbard, Teacher (3:38pm)  
Jennifer Bobok, Nurse  
Jennifer Searles, Parent (3:40 pm)  
Marie Bartels, Parent

### Absent

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

### Call to Order

1. Mrs. Murray called the meeting to order at 3:32 p.m.

### Approval of Minutes

1. **Motion** by Bartels, seconded by Ryan to approve the October 24, 2018 meeting minutes as presented. *The motion carries 8 yes, 1 abstain (Davis), absent (Wijesekera, Labbate, Cicarelli, Kapo).*

### Discussion

1. Wellness Dollars (Connecticare Grant)/Staff Survey Results  
Mrs. Murray shared the staff survey results. The committee discussed options and decided to move forward with the Fitness Room, a second survey to staff asking for preference for an afternoon fitness class, and to consider nutritional counseling if money is available.
2. Updates
  - School Lunch Advisory Board (Colleen Murray)  
Mrs. Murray reported on the progress towards the action steps outlined in the School Lunch Advisory Board. During the months of November and December, staff is charting the number of times the school lunch menu is changed. So far it has not been changed. Mrs. Hubbard noted that Fun Lunch is not on the menu and Chef Ryan will look into it. During the month of October, Chef Ryan looked at recipes and made improvements. Mrs. Murray will be attending the November 27th Green Team meeting to discuss a Waste War initiative. Chef Ryan and Mr. Davis have been working on improving communication by using a monthly newsletter. Mrs. Murray organized a Student Focus Group to interview BCS students on their opinions on the School Lunch Program. She is compiling the results and will present to the Advisory Board in January.

- Girls on the Run (Kate Beeman)  
Mrs. Beeman presented her findings on the Girls on the Run Program. The program requires 4 adults and 15 students. Adult trainers would need to attend both an in-person and online training. The program runs for 10-12 weeks beginning in February, culminating with a 5K. Lessons are taught to the girls on understanding themselves, values, and how girls can shape the world. The committee agreed that although it presents as a valuable program the commitment might be unrealistic. Mrs. Beeman is going to further her exploration and report back to the committee at the next meeting on other options, if any.
- BCS Gets Fit (Frank Labbate)  
Mrs. Murray presented Mr. Labbate's report. He has offered one family fitness challenge so far and 22 students and their families are actively participating. He is considering other challenges throughout the year. Members of the committee offered suggestions to market the challenge.
  - Provide the challenge to the teachers and they could promote it during the school day by engaging in some of the fitness challenges as bursts.
  - Display a fitness challenge poster outside the gym or throughout the school. A suggestion was made that Mrs. Saffran might help with that effort.
- 5K Color Run (Marie Bartels/Jennifer Searles)  
Mrs. Searles and Bartels gave a report on their progress on planning the 5K Color Run (May 3, 2019). A deposit of \$200 is required to begin the process. The chairpeople will contact professional timers and review the 2018 5K notes to continue their planning.
- Food Trucks (Jennifer Kapo)  
Mrs. Murray presented Dr. Kapo's report. She was able to identify several food trucks in the area for the 5K event. The committee agreed that (4) trucks would be sufficient for the event. Mrs. Murray will reach out to Dr. Kapo so that she can begin to secure the trucks in advance.
- Other Business  
A suggestion was made to indicate on the recycling flyer where to drop off the plastic. Mrs. Murray will relay the message to Mrs. Schwenger.

**Next Meeting Date:**

- January 23, 2019 3:30 pm BCS Conference Room
- May 29, 2019

**Adjournment**

The meeting adjourned at 4:37 pm.