

# Wellness Council

October 24, 2018

## Meeting Minutes

### Attending

Colleen Murray, Superintendent  
Robert Davis, Principal  
Frank Labbate, Teacher  
Marjorie Nusom, School Psychologist  
Kate Beeman, Teacher  
Andrea Hubbard, Teacher  
Jen Bobok, Nurse  
Michelle Cicarelli, Parent  
Jennifer Searles, Parent  
Jennifer Kapo, Parent/Physician  
Marie Bartels, Parent

### Absent

Dr. Namita Wijesekera, BOE/Pediatrician  
Chris Ryan, Food Service

#### 1. Introductions

Participants introduced themselves and shared the reasons why they wanted to serve on the Wellness Council.

#### 2. Role and Responsibility of Wellness Council

Colleen Murray explained that the Wellness Council is in accordance with Bethany Board of Education policy and their role is to review available state/federal guidelines, conduct a district triennial assessment, and to promote lifelong wellness activities for the BCS Community.

#### 3. Assessment/Goals – Next Steps

The Triennial Assessment was completed in 2016 – 2017, and is not due again until 2019 – 2020. The committee reviewed the results of the assessment and brainstormed next steps. Topics of discussion included:

- Girls on the Run – a 6-8-week afterschool program that encourages positive emotional, social, mental and physical development. Participants explore and discuss their own beliefs around experiences and challenges girls face. They also develop important strategies and skills to help them navigate life experiences. Kate Beeman will research the program and report back to the group at the next meeting.

- 5K Color Run- Marie Bartels and Jennifer Searles volunteered to chair the event and Dr. Kapo will explore food trucks for the event. Jennifer and Marie will research the Color Run and report back to the group at the next meeting. Friday, May 3<sup>rd</sup> was selected for the 5K. Colleen will get the date on the school calendar and bring the 2018 5K folder to the next meeting to begin planning.
- BCS Gets Fit – The Council discussed the possibility of offering a BCS Fitness Challenge. Mr. Labbate will give it consideration and share his thoughts at the next Council meeting.
- The School Lunch Advisory Board is addressing meal planning action steps including a monitoring system to determine how many times the published lunch choices are changed, conducting a Waste War, marketing the Food Lunch Program and conducting student focus groups to solicit feedback from students on meal preferences.
- Marjorie Nusom shared the role and responsibility of the BCS Climate Team and explained the efforts being made to address the social and emotional learning of our students. Mrs. Murray reported that she hopes the Strategic Planning Committee will adopt a Social and Emotional Learning Goal as part of the district’s long range plan.

4. Wellness Dollars (Connecticare Grant)

Mrs. Murray and Mr. Labbate explained the conditions of the Connecticare Grant. A total of \$3796 is available to promote the health and wellbeing of Bethany School and Town employees. Suggestions included: BCS Fitness Room, Meditation Room, Weight Loss Challenge, Yoga, Healthy Meal Coaching. Colleen will create a survey and distribute to staff for their feedback.

5. Lunch Program Surveys

The committee reviewed the Spring Lunch Surveys and discussed concerns related to the Food Service Program. The School Lunch Advisory Board is addressing concerns in this area.

6. Next Meeting Date:

- **NEW DATE - November 20, 2018 3:30 – 4:30pm BCS Conference Room**
- January 23, 2019 3:30 – 4:30pm BCS Conference Room
- May 29, 2019 3:30 – 4:30pm BCS Conference Room