

Bethany Community School Wellness Council Meeting Minutes Tuesday, November 22, 2016

In Attendance – Colleen Murray, Bob Davis, Joan Conant, Tara Aksoy, Andrea Hubbard
Absent – Michelle Ciccarelli, Allyson Rogers, Betsy Quitko

Mrs. Murray explained the new state laws and regulations regarding a District's Wellness Council. She reviewed the role of the council as well as the necessary members who are to be part of the council.

The current committee includes two parent volunteers. A discussion took place and the decision was made to include a total of three parent volunteers who would each serve a three-year term on the council. Mrs. Murray will seek parent volunteers and hold a blind lottery to choose one parent. She will also ask for a volunteer from the Board of Education to participate on the council.

The Wellness Council will review nutrition education practices, nutrition signage, promotional activities, parent education as well as partner with other community groups to promote student and staff wellness. The council will also review physical activity, physical education requirements, recess and other policies and regulations that center around physical activity. They will research before and after school activities specifically focusing on wellness.

A discussion took place regarding the State's Red Ribbon PASS Program. Mrs. Murray will gather more information and present it at the next council meeting.

Mrs. Conant suggested that council members review Amity High School's Wellness Policy since it was recently updated.

Mrs. Murray stated the Bethany Board of Education's revised Wellness Policy is under review and is expected to be finalized at the January 11, 2017 meeting.

The council will conduct a needs assessment and use the results to set 2017-2018 school year wellness goals.

A suggestion was made that a newsletter be sent to BCS families at the beginning of the school year regarding new wellness initiatives, policies and goals.

The Council will meet on Tuesday, January 17, 2016.

Respectfully submitted,

Andrea Hubbard
Recording Secretary

Approved February 28, 2017