

Wellness Council Meeting Minutes

November 23, 2021

Members:

Colleen Murray (Superintendent)	Marjorie Nusom (School Psychologist)
Jackie Nathman (Climate & Instruction Specialist)	Kate Beeman (Teacher)
Donna Ricciardi (BOE Food Service Coordinator)	Marie Bartels (Parent)
Caitlin Bruni (Nurse)	Dr. Jennifer Kapo (Parent)
Peter Ferrara (Chartwells)	Jennifer Searles (Parent)
Andrea Hubbard (Literacy Coach)	

Attending: Colleen Murray, Jackie Nathman, Donna Ricciardi, Caitlin Bruni, Peter Ferrara, Andrea Hubbard (arrived at 3:42 pm), Marie Bartels, Dr. Jennifer Kapo (arrived at 3:39pm)

Absent: Marjorie Nusom, Kate Beeman, Jennifer Searles

Visitors: None

Call to Order

1. Mrs. Murray called the meeting to order at 3:31 pm via Zoom.

Approval of Minutes

1. **Motion** by Ferrara, seconded by Nathman, to approve the October 27, 2021 meeting minutes as presented. *The motion carries 4 yes, 2 abstain (Nathman, Bartels), 5 absent (Hubbard, Nusom, Beeman, Kapo, Searles)*

Agenda

1. 2021 - 2022 ConnectiCare Wellness Dollars Discussion

Mrs. Murray reiterated that the District will once again receive \$2,500 dollars from ConnectiCare to use on staff wellness during the 2021-2022 school year.

- Ms. Nathman shared that she has organized a Step It Up Challenge for BOE and Town employees. This is a 6 week step challenge where prizes can be won weekly. Some of the Wellness Dollars have been used to purchase pedometers and the

weekly gift card prizes.

- Mrs. Murray stated that the remainder of the Wellness Dollars will be spent on a 5K Color Run and Health Fair on May 6, 2022.
- Caitlin Bruni will chair the Health Fair along with Andrea Hubbard. Dr. Jennifer Kapo will organize the food trucks and help secure doctors for the Health Fair.
- Mrs. Murray shared that she is still looking for a Chairperson for the 5K. The 5K will be dedicated to Kristen Cushing and all proceeds from the event will go to the PTO to help fund the BCS outdoor track.

Future agenda items

- Approval of the November 23, 2021 minutes
- ConnectiCare Wellness Dollars Update

Adjournment Meeting adjourned at 3:47 pm.

Next meeting: January 26, 2022 at 3:30 pm