

Minutes of the Wellness Committee of the Board of Education
Regional School District 14 www.ctreg.org
Monday, March 11, 2019

Start: 4:00pm End: 5:07pm

In attendance were: Superintendent Dr. Olzacki, Peter Brooks, Julee Oppici, Jodie Roden, Alyce Misuraca, Bill Nemec, Donna Marcinek, Eileen Budrewicz, Jennifer Higgins, Samantha Cipriani, Susan McLeran. Also in attendance was BOE clerk, Natascha Schwartz.

Absent: Christine Coelho, Pattie Sola, Janet Morgan, Pamela Zmek, Wayne McAllister

Review of Classroom celebrations snack list

Mr. Brooks advised that Pattie Sola couldn't be present and would be the one to better be able to talk to the celebrations list. Mrs. Roden advise that from everything she has heard from the parents, they are happy with how the process is working. Mrs. Misuraca asked to revisit having goldfish on the snack list. Mr. Brooks will need to check the national guidelines and see if there may be a similar product with less sodium content.

Administering Medications policy – Dr. Olzacki advised the committee that the administration of medications policy is currently being updated to include information about administering EpiPens. The policy has been looked at by the school nurses and is now in the hands of Dr. Needleman, who is doing a last verification. Once complete, this will go to the policy committee for review and then to the BOE for a first read.

Concussion Policy – Dr. Olzacki mentioned that a new concussion policy will be reviewed by the policy committee in the next few months and will be brought to the BOE for a first read once it is finalized.

Staff Wellness – Dr. Olzacki wanted to know if there are incentives with the region's current insurance company for employee wellness. Ms. Culkin will be looking into this to see if by implementing a staff wellness initiative, that it could possibly reduce rates. Certain insurance carriers also have friendly competitions to get employees healthier such as Fitbit challenges, etc. Mrs. Budrewicz advised that there are trainers that accept insurance depending on insurance carrier and that some insurance carriers give discounts. Mr. Nemec advised that NHS will have a wellness center which is part of the high school renovation project. He was wondering if the region may be able to have a reduced membership fee to use the NHS facilities and this would not only benefit employees, but would help to pay for upkeep of equipment. Dr. Olzacki mentioned starting a walking club at lunch for employees. He advised that he would to look into it a bit further.

Half Time – Bill Nemec brought the committee up to speed on the definition of half time. It's otherwise known as recess at WMS and is a block of 18 minutes which follows or precedes lunch. WMS has had challenges going outside for half time due to the wet field conditions. To compensate for students not being able to spend time outside, the students have been inside having independent time. He thought that it would be good to use the time to help with more instructional time and to do something productive. Dr. Olzacki advised that he has spoken to other Superintendents and found that approximately 60% of students after 6th grade do not have half time. Mr. Nemec is still in discussions with Dr. Olzacki regarding PE.

Public Comment - none

Other Business –

Mrs. Higgins stated that work is definitely needed at the high school regarding health whether it be mental or physical health as a whole. The region needs to do better with sending positive messages to the students. She mentioned that finding speakers to come to the high school to spread positive messages to the students would be incredibly beneficial. Mrs. Oppici also mentioned that school climate needs to be address, not just in schools, but within the community as well. She went on to state that this needs to start at the elementary level by having school assemblies concentrated on positive messages. The committee continued discussions around addressing pertinent issues with the students such as tolerance, self-image, etc. Mrs. Higgins advised that she did some research to come up with names of a few speakers that might be able to help set us on a continued upward path. She advised that she will reach out to the Superintendent with the information for the region to look in to bringing what is needed to the community.

Hearing no further business, the meeting was adjourned at 5:07 p.m.

Respectfully Submitted,

A handwritten signature in cursive script that reads "N. Schwartz".

Natascha Z. Schwartz
Regional School District 14 Board Clerk

Recorded and filed subject to Board of Education approval by: Natascha Z. Schwartz, Board Clerk, 3/19/2019