

Minutes of the Wellness Committee
Regional School District 14
www.ctreg14.org February 11, 2020

The Wellness Committee met on Tuesday, February 11, 2020 in the Conference Room of the Central Office, 67 Washington Ave, Woodbury, Connecticut.

Present were committee members Peter Brooks, Pattie Sola, Marianne Dwan, Kathryn Brenner Bill Nemec, Donna Marcinek, Andrew Komar and Eileen Budrewicz. Also present were Wayne McAllister, Dr. Olzacki, and BOE clerk Karen Daley. Absent were Janet Morgan, Pam Zmek.

The meeting was called to order by Dr. Olzacki at 2:07 pm.

Farm to Student Update – Mr. Brooks and Mr. McAllister will be meeting with local farmers at the end of February. Mr. Brooks has also met with a coop that will deliver to schools to cover the needs if the local farms cannot meet the demand. A survey was done at WMS after the Republican American article and students were excited to see the potential of a salad bar.

Review Wellness Policy (6142.101) – The committee must come up with a goal for “Other School-based Activities to Support Wellness”. Perhaps something in science curriculum or after school activities for the students could apply. Running club in the Fall and Spring for students is one option. For staff wellness perhaps walking challenges throughout the district. The new fitness center at NHS is available for district staff and students after school. The district will check to see if the districts medical insurance will cover gym membership expenses either in full or a portion.

Public Comment – The website needs to be updated in a few areas. Marianne Dwan will work with Pat DiSarro to make the needed updates.

Other Business – Updated snack list will be posted on the website with the new food selections becoming available on March 1st.

The next Wellness Committee meeting will be on Tuesday, March 10, 2020 at 2:00 pm.

Hearing no further discussion, the meeting was adjourned at 2:28 pm.

Respectfully Submitted,



Karen Daley
Regional School District 14 Board Clerk

Recorded and filed subject to Board of Education approval by: Karen Daley, Board Clerk, 2/19/2020.