

Minutes of the Wellness Committee of the Board of Education  
Regional School District 14 [www.ctreg.org](http://www.ctreg.org)  
Thursday, March 22, 2018

Start: 3:32pm End: 4:25pm

In attendance were: Superintendent Dr. Anna Cutaia, Peter Brooks, Maryanne Van Aken. Jodie Roden arrived at 3:39pm Also in attendance was BOE clerk, Natascha Schwartz

Absent: Chrissy Fensore, Karen Sheehen-Wolf, Bill Nemec, Patti Sola, Julee Oppici

**Internal Communications Procedures** – Dr. Anna advised that Ms. Fensore has instituted a communication protocol which is currently being followed in regards to medical conditions of students. The policy committee is currently working on common forms with nurses. The forms that are currently available are being revised.

**Healthy Snacks List** –Mr. Brooks to find out which items have been best sellers. The committee will conduct a review of the current form and items on the list in June.

**Food Allergy Awareness Week** – Food allergy awareness week is May 13-19. Did not have enough committee members to discuss in detail. To reach out to nurses, cafeteria managers and principals to get ideas to promote wellness amongst students.

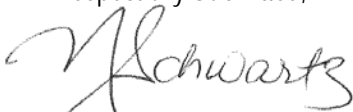
**Ideas to promote wellness amongst students** – The committee will look into potentially obtaining more pedometers as well as revisit health and physical education. Mrs. Roden had a good idea of something she learned in a workshop using a “happy or not” box. She went on to suggest that she would like to implement a “share table” at MES and potentially at the other schools, whereby the overage of food items in the cafeteria, instead of being wasted, be donated to the food bank. This could also be used as a learning opportunity for children on giving back and to teach students not to waste food.

**Wellness Policy evaluation** – The committee will create a comprehensive survey to give out at end of year to parents. The committee will create the survey during the next meeting, which will take place in May.

Dr. Anna advised that part of wellness is supporting the region by holding parent workshops and she was pleased to announce that Newport Academy is creating a new support group to Region 14 parents which includes topics such as: opioid awareness, mental health training, and first aid.

Meeting was adjourned at 4:01pm

Respectfully Submitted,



Natascha Z. Schwartz  
Regional School District 14 Board Clerk

Recorded and filed subject to Board of Education approval by: Natascha Z. Schwartz, Board Clerk, 3/26/2018