

Wellness Council Meeting Minutes

October 25, 2022

Members:

Kai Byrd (Superintendent)	Andrea Hubbard (Literacy Coach)
Jackie Nathman (Climate & Instruction Specialist)	Kevin Farrell (Teacher)
Brandy Spargo (Business Manager)	Jaime Guthrie (Parent)
Donna Ricciardi (BOE Food Service Coordinator)	Dr. Jennifer Kapo (Parent)
Caitlin Bruni (Nurse)	Jennifer Searles (Parent)
Peter Ferrara (Chartwells Director of Dining Services)	

Attending: Kai Byrd, Jackie Nathman, Brandy Spargo, Donna Ricciardi, Jennifer Searles

Absent: Caitlin Bruni, Peter Ferrara, Andrea Hubbard, Kevin Farrell, Jaime Guthrie, Jennifer Kapo

Visitors: None

Call to Order

- Ms. Ricciardi called the meeting to order at 3:34 p.m. via Zoom.

Approval of Minutes

- Not completed/Did not have a quorum.

Agenda

1. Introductions
2. ConnectiCare Wellness Dollars
 - a. Ms. Ricciardi confirmed that the Wellness Council will receive \$2,500 in wellness dollars from ConnectiCare to use towards wellness initiatives for the BOE and Town staff.
 - b. Mrs. Byrd and Ms. Ricciardi reviewed the various options for spending the wellness dollars.
 - c. The Council agreed that the staff might benefit the most from some of the webinars and virtual cooking demonstrations offered by WellSpark.
 - d. The Council agreed to discuss it further at the next Wellness Council meeting and present a survey to staff with different options.

e. The Council agreed the wellness initiative will begin in January 2023.

Future agenda items

- Approval of May 25, 2022, and October 25, 2022 minutes
- 2022-2023 ConnectiCare Wellness Dollars Discussion

Adjournment

- Meeting adjourned at 3:51 p.m.

Next meeting: December 7, 2022 at 3:30 p.m.