

## **Wellness Committee**

October 7, 2020 virtual via Zoom

Attendees: Beth Giller, Beth Pratt, Jen Beausolei, Barbara Pare, Jillian Minor, Amber Belsito, Anne Merry  
Grace LaBella, Emma Murphy

### **School Representatives:**

CHS – Melissa Makara

CNH –

GHR –

CGS –

Action: B. Giller will email building administrators to recruit Committee members

### **2020 - 2021 Goal Setting**

Promote self care and stress reducing strategies to students and staff.

Nutrition - How does it affect mental health

Communication and promotion of nutrition and wellness tips via social media

Instagram Account:

Increase use and followers

Would love for students to post

Newsletter Schedule - pass on newsletter

Submit to building administrator's newsletters and/or parent communications

### **Meetings:**

January 13, 2021 6:00 pm

March 10, 2021 6:00 pm

May 12, 2021 6:00