



Pelham Public Schools
Wellness Committee Minutes
Pelham Memorial High School- Library 105E
Tuesday, December 13, 2022

Focus: The Wellness Committee works as an oversight committee to maintain and/ or implement new programs and strategies through a perspective of best practices for the social and emotional wellness of our students K-12. This committee will be looking at ways to advance the district's efforts to support the whole child.

Present: Traci Holtz, Lindsey Ferris, Sarah Desoye, AnnaMarie Nardone, Paola Gogliomella, Kerri Weaver, Elizabeth Wolfenhaut, Elizabeth Belafante, Angela Snyder, Lila Zahed, Andrea Pellicane, Gene Farrel, Suany Aquino-Chudavala, Inga Dawe, Genevieve Mensah, Leah Caruso, Lauren Ribeiro, Farid Johnson, Jim Hricay, Michael Owen-Michaane, Christian Hodge

1. Introductions
2. Norms Review
 - All members get an opportunity to be heard
 - Be present/mindful/in the moment
 - Respectful of all opinions
 - Do not attack anyone and let people finish saying their thoughts and opinions
 - Confidentiality/comments - information discussed will not be shared on social media
 - Every idea counts
 - Open and honest communication
 - Assume positive intent - everyone is here for the common good
3. Discussion/Review of goals
 - Overview of what each committee is
4. Additional questions
 - Wellness policy has a lot of information regarding nutrition - discussion on the options and information regarding gluten-free options and getting that information to parents
 - Older students delivering food/bringing food in - less control over these eating habits
 - Any other messaging we could give to the students about good fueling etc...
 - Elementary schools speaking with PTA and seeing if a health unit is something that is needed
5. Subcommittee
 - Defining goals as your umbrella area
 - What do we know, what do we need to know and what are 2-3 action steps for where we want to be
6. Subcommittee summary
 - a. Policy review

- Teaming up with the principals and go through the assessment tool, bring it back to the subcommittee and then it has recommendations to delete or add so you match up
 - We need to have a person that represents the food service department on the wellness committee
 - Anything we agree to do has to go through our board policy team to be approved
- b. Updated needs assessment
- There is a history data collection and process people are familiar with
 - Time frame - historically given in march to act for the following year
 - Communication with families is crucial
 - Decision to hone in on 8th, 10th, 12th
 - Action steps: see the previous needs assessment and explore other assessments in nearby counties to see what they have done. Breaking down what they want to focus on
- c. Staff wellness
- Common theme from Dr. Champ's visit into the schools is teachers needing more time and support to be most effective
 - Morale seems to have decreased since covid
 - We need to know what do teachers need and want to help decrease that burnout
 - Action steps: provide with a survey - what does wellness mean to you and provide samples for what we could do in the building and what they would utilize. Research options and questions to assess the needs
- d. SEL program
- We know that principals are working with their staff to see what benchmarks are currently being met K-2, 3-5. Seeing what gaps there are and
 - Explore zones of regulation and fly five curriculum
 - Actions steps: outline curriculum, how can we use the same language and spiral curriculum up into the middle and high school. Training staff on the language and curriculum
- e. Peer mentor
- Task for kids would be to provide emotional support as they transition from one school level to the next
 - Act as a hand holding person for the different needs, classes and experiences
 - Having a type of individual who can handle this role by showing they are emotionally well and mastered certain skills would volunteer to run this program
 - Support staff can take on this program and guide them in the right direction with challenges
 - Action steps: building rapport, finding out what makes kids safe, helping with problem solving and what is currently being done and building off that
 - Who is the point person in the buildings for this peer mentor programing
 - How does the matching work? Do the students sign up for peer mentor, is it a referral, is it all 9th graders get one?

7. Closure

- Nut free at the elementary school for a few years. "Should we consider a policy to remain completely nut free?".
Comments from committee members did not suggest a need to go in that direction
- Future meeting dates
1/17, 3/7, 5/9