

Wellness Council Meeting Minutes

December 7, 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, Caitlin Bruni, Peter Ferrara, Andrea Hubbard, Kevin Farrell, Jamie Guthrie, Jennifer Searles

Absent: Jennifer Kapo

Visitors: None

Call to Order

- Ms. Ricciardi called the meeting to order at 3:30 p.m. via Zoom.

Approval of Minutes

1. **Motion** by Bruni, seconded by Searles, to approve the May 25, 2022 meeting minutes as presented. *The motion carries 10 yes, 1 absent (Kapo)*
2. **Motion** by Byrd, seconded by Searles, to approve the October 25, 2022 meeting minutes as presented. *The motion carries 10 yes, 1 absent (Kapo)*

Agenda

1. ConnectiCare Wellness Dollars
 - a. Ms. Ricciardi confirmed that the Wellness Council will receive \$2,500 from ConnectiCare to use towards wellness initiatives for the BOE and Town staff.
 - b. Various staff wellness options were presented and discussed.
 - c. Ms. Ricciardi will create a survey and share it with the Wellness Council for review. When finalized, it will be pushed out to the staff.
 - d. Based on the survey results, wellness programs will be introduced to the staff, possibly one a month starting in January 2023.

2. Student and Family Wellness

- a. Ms. Ricciardi presented the idea of offering wellness initiatives to students and families as a chance to meet some of the District's wellness policy goals.

Future agenda items

- Approval of December 7, 2022 minutes
- Staff Wellness Program
- Student and Family Wellness Program

Adjournment

- Meeting adjourned at 3:52 p.m.

Next meeting: February 22, 2023, at 3:30 p.m.