

Wellness Council Meeting Minutes

February 22, 2023

Members:

Kai Byrd (Superintendent)	Andrea Hubbard (Literacy Coach)
Jackie Nathman (Climate & Instruction Specialist)	Joseph DeLuca (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, Joe DeLuca

Absent: Andrea Hubbard, Jaime Guthrie, Jennifer Kapo, Jennifer Searles

Visitors: None

Call to Order

- Ms. Ricciardi called the meeting to order at 3:31 p.m. via Zoom.

Approval of Minutes

1. **Motion** by Byrd, seconded by Spargo, to approve the December 7, 2022 meeting minutes as presented. *The motion carries 7 yes, 4 absent (Hubbard, Guthrie, Kapo, Searles)*

Agenda

1. BCS Family Wellness Night
 - a. Ms. Nathman provided an update.
 - i. The Family Wellness Night will be held on March 9, 2023.
 - ii. Several wellness activities have been organized for the night.
 - iii. A sign-up has been shared with families.
 - iv. Raffles will be given away at the end of the event.
 - b. Mr. DeLuca shared his plan for the obstacle course. He noted he may need some volunteers to spot certain areas of the obstacle course.
 - c. Ms. Nathman will send a reminder to families that parents need to remain with their children during the event and bring their yoga mats if they have one.

2. Staff Wellness Day (“March Wellness”)

- a. Ms. Ricciardi provided an update.
 - i. Staff Wellness Day will be on the March 17th Professional Development day.
 - ii. Many wellness activities have been planned for the day based on the staff wellness survey results.
 - iii. The activities are open to all BOE/BCS and Town staff.
 - iv. Staff will have a choice of activities, but must choose at least three.
 - v. A sign-up form will go out to staff.
 - vi. Chartwells will provide lunch to the staff.

Future agenda items

- Approval of February 22, 2023 minutes
- Wellness Events Debrief

Adjournment

- Meeting adjourned at 3:49 p.m.

Next meeting: April 19, 2023, at 3:30 p.m.