

Wellness Council Meeting Minutes

October 18, 2023

Members:

Kai Byrd (Superintendent)	Andrea Hubbard (Curriculum Coach)
Jackie Nathman (Climate & Instruction Specialist)	Jaime Guthrie (Parent)
Brandy Spargo (Business Manager)	Panos Lapatas (Parent)
Donna Ricciardi (BOE Food Service Coordinator)	Jennifer Searles (Parent)
Caitlin Bruni (Nurse)	
Peter Ferrara (Chartwells Director of Dining Services)	

Attending: Kai Byrd, Jackie Nathman, Brandy Spargo, Donna Ricciardi, Peter Ferrara (arrived at 3:50 p.m.), Andrea Hubbard, Panos Lapatas, Jennifer Searles

Absent: Caitlin Bruni, Jaime Guthrie

Visitors: None

Call to Order

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

Approval of Minutes

1. **Motion** by Searles, seconded by Byrd, to approve the April 19, 2023 meeting minutes as presented. *The motion carries 6 yes, 3 absent (Bruni, Ferrara, Guthrie), 1 abstained (Hubbard)*

Agenda

1. Introductions
 - a. Wellness Council members introduced themselves and stated their role in the school community.
2. Overview of Wellness Council
 - a. Ms. Ricciardi provided an overview of the Wellness Council and its duties/responsibilities.
3. ConnectiCare Wellness Dollars
 - a. Ms. Ricciardi shared that the District/Town will receive \$2,500 from ConnectiCare

for staff wellness initiatives and 75% of that needs to be used on WellSpark programming.

- b. Ms. Ricciardi asked the Council for suggestions on how to spend the money.
 - i. Mrs. Hubbard stated that she liked the Health Assessment/Activity Tracking option.
 - ii. Ms. Nathman agreed to organize another Step it Up Challenge for staff.
 - iii. Mrs. Searles suggested making the Step it Up Challenge a competition between classes and getting families involved.
 - iv. Mrs. Byrd discussed some webinar options.

4. Student Wellness

- a. Ms. Ricciardi discussed the possibility of student wellness initiatives if there is funding. Some options were discussed:
 - i. Ms. Ricciardi suggested a family night in the winter similar to the one offered last school year.
 - ii. Mrs. Spargo suggested a Screen-Free Night.
 - iii. Mrs. Byrd added to that possibly a Screen-Free Week in the spring with different activities each night.

Future agenda items

- Approval of October 18, 2023 minutes
- Staff Wellness/ConnectiCare Wellness Dollars
- Student Wellness Activities

Adjournment

- Meeting adjourned at 4:04 p.m.

Next meeting: December 6, 2023 at 3:30 p.m.