

Carlisle Public Schools

Wellness Committee Meeting

Date: Monday, January 9, 2023

Time: 3:15 – 4:15

Meeting Started: 3:21 pm

Location: Grant 209

Meeting Minutes

Attendees: Meghan Laughlin, Lori Bruce, Mary O'Regan, Dana Meyer, Carrie Patel, Lori Aquavella, Laura Marshall

- Welcome & introductions
- Requests for additions to the agenda
- Department updates
 - Health Office – The fire department was kind enough to offer CPR training at no cost for staff. The second day was canceled due to the total number of people signed up for the course. We just moved everyone to one day. Approximately 5 people attended the training. Lori Desjardin, Carrie Patel, Tricia McGean and I were also certified for BLS through the fire department. Stop the Bleed training will be held on January 24. Using SNAP to log how many people are seen in the health office. It has been working well, integrates with PowerSchool.
 - Food Service – Would like to see a more robust salad bar. Will discuss with Susan Robichaud at the next meeting.
 - Health Education
 - January: 7th grade depression/Signs of Suicide (SOS) screening – Offered every year, has been a part of the curriculum for many years. Monday, January 23 the screening will take place by Meghan and Kim Reid. Homeroom teachers will play 2 videos 6 minutes each about a child in crisis. The acronym ACT (acknowledge, care, tell) is used. The students are given a questionnaire that day. Someone should touch base with Kaitlyn Olmstead to make sure she is comfortable and familiar with the process.
 - Panorama questionnaire will go out soon. They also do a version at the high school level as well as middle school. Meghan and Kim talked about doing a refresher but they may hold off since Panorama provides a lot of information.

- 6th grade is doing a unit on self esteem and analyzing themselves; 5th grade is still working on internet safety; 8th grade is talking about prescription medication misuse.
- Staff wellness updates
 - Overview of past events
 - December: After-school social at Evviva Trattoria was well attended. Staff would like to do a similar event again.
 - December: Secret Snowflake gift exchange had about 22 participants. Everyone enjoyed it.
 - Would like to do another restaurant social probably in early February. Looking at different locations. Will not do rsvp based, just show up.
 - Dana and Meghan are going to start a weekly walk. Anyone interested can join them.
 - Upcoming events
 - February: Possible after-school social - location TBD
- Upcoming course at Framingham State: *School Wellness for Student Success*
 - Will run from 1/23 to 2/17
 - Lauren & Meghan will be participating; will need to hold a wellness meeting during the course so an optional meeting has been scheduled for February 6.
- Committee priorities for the 2022-2023 school year
 - Student and staff mental health-Panorama will provide a lot of information. Will be going out soon. It is a climate survey, not about students. At an A+ meeting with school psychologists, principals, nurse, superintendent and director of student services analyzed data from panorama to look at which kids are in the red and reach out to them to make sure they are doing ok.
 - Potential for parent involvement
 - Potential for middle school student involvement
 - Additional suggestions? Ask Sue to update the committee on her audit from DESE at the February 6 meeting.
- Future meetings:
 - Monday, February 6th - optional
 - Monday, March 13th
 - Monday, May 8th

Meeting Adjourned: 4:15 pm