

Wellness Committee Meeting

1/25/22

3:15 p.m. start time

Present: Lori Bruce, Lori Aquavella, Susan Robichaud, Lauren Sawyer, Lori Desjardin, Dana Meyer, Meghan Laughlin

Staff wanted to do something fun and easy for everyone. February calendar of events for staff to participate in. If it is well received, consider doing one for March and April. Dana spoke to Ruth Crampton about doing something for the staff with the garden committee when the weather is warmer.

Lori shared how in her previous school staff would do a pie competition in March with different types of pies with prizes.

Dana asked if there is a Wellness budget, there isn't. Will talk to the Sunshine Committee about coordinating with them.

Lori would like to do a hike on a Saturday. Lauren suggested doing a walk for a cause. Dana shared March 30 is National Take a Walk Day. Will try to plan a walk for March 30 at Great Brook Farm after school. Will send out a Google form to staff with a couple dates for a walk and preferred location.

Lauren suggested coordinating a blood drive. It would need to be done in the spring so they could use the gym. PE classes would have to be outside. Jim would need to approve it.

Lauren has been looking into CPR training. There are 31 people interested. Can only do 10 people at a time. Lauren will consider doing 2 sessions. Monday is a good day to schedule it.

Meghan talked about possibly having a food truck for staff. It is very expensive and Administration can't fund it. In her last district, one day Administration had a cart of snacks and waters that they took to each staff member to pick something.

In the past, administration did cook for staff. Unable to do it this year, maybe at the end of the school year.

Dana mentioned the possibility of a hot cocoa/tea distribution during March since it is so long. Lori mentioned that there is something in the works.

Next Meeting: May 24, 2022 at 3:00 p.m.

Meeting Ended: 3:50 p.m.