

Wellness Committee Meeting  
January 14, 2021

Meeting Started: 3:10 pm

Present: Lori Bruce, Lori Aquavella, Sue Robichaud, Lori Desjardin, Lauren Sawyer and Meghan Laughlin

The State sent out a notice about working with school districts and their wellness committee. Our district didn't qualify.

Discussed the areas that should be addressed by a wellness committee according to the CDC guidelines(below):

- **Health Education** (covered for grades 5-8)
  - Area to consider in the future is younger grades, currently not receiving anything
  - Have done hand washing instruction in the past
- Nutrition Environment and Services
  - Due to covid we have had to cut back what we are providing for students, following government guidelines
  - Have done weight watchers in the past, walking groups before and after school
  - Smoothie Day in the past
  - Bulletin boards geared towards healthy snacks
- **Employee Wellness ( an area we need to put some focus right now)**
  - Another distribution of treats could be tea (include positive message/poem?)
  - Yoga for staff idea (zoom or in the spring outside)
  - Surprise healthy snack cart (water, granola bars, dried fruit, fresh fruit, popcorn, pretzels surprise food)
  - When Sue has a full staff she can do a popcorn day for staff
- Social and Emotional School Climate
  - How to help create a healthy work environment
  - Highlight examples of great work being done by staff

- Physical Environment
  - Work with Rob to ensure cleanliness and safety of the building
- Health Services
- Counseling, Psychological, and Social Services
  - Support posted on websites
  - Complete inventories on mental health through surveys
- Community Involvement
  - Visioning Committee formed last year
  - Social Justice Committee formed this year
- Family Engagement
- Physical Education and Physical Activity (covered by PE and OT)

To Do:

Committee fill focus on highlighting employee wellness.

Talk to Admin about health education for the younger grades.

Meeting Adjourned: 3:45 pm