

Wellness Committee Meeting Minutes
September 24, 2019

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

Welcome & Introductions: Lori B welcomed everyone and introductions were made.

Requests for Additions to the Agenda: No requests were made.

Review 3/26/19 Meeting Notes: Upon review of previous agendas it was determined that the March 26 meeting was canceled and there were no minutes to review.

Review Health Check Schedule for PK and K: The nurses don't screen preschool students because that information is on their form from their pediatrician.

K-5 gets a vision screening, hearing screening, height, and weight checks

Grade 6 doesn't get vision and hearing screening but grade 7 does.

Grades 5-8 get a postural screening for Scoliosis in February/March during their PE class.

They start their screenings with Kindergarten and work their way through the upper grades.

If they find anything a letter is sent home to parents recommending they follow up with their doctor.

The health office is working on getting Power School set up.

Lori B asked whether we have had a flu clinic at the school in the past. Lori D responded that we did but not in several years. It was through Emerson Home Care but was discontinued because of participation.

Action Item: Lori D to contact Linda Fantasia at Carlisle Board of Health and inquire about providing a flu clinic.

She will also talk to her about counseling resources for a family in need.

Food Service Update: Since we have had an issue with the water, the cafeteria has been using paper plates to serve lunch. They get spring water brought in for cooking and cleaning.

There is no salad bar until the water issue is resolved.

Planning a smoothie day on October 10.

Wellness Committee sponsored project: The committee talked about what type(s) of projects they would like to take on for the school year.

Action Item: Meghan will contact Middlesex Partnership for Youth to inquire about their programs.

It was suggested that the committee as a whole contribute to a Google doc of inspirational quotes to be shared with the staff weekly. The Google doc could be shared with Jane and she could include one quote each week in the Friday Memo.

Adjournment: The meeting adjourned at 4:20 pm