

## Wellness Committee Meeting Minutes

November 5, 2020

Meeting started: 3:10 pm

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

Lori Bruce opened by saying she promoted the meeting as much as possible to try to get parents involved.

In looking at what the committee should be doing there was discussion about a community goal. It would be nice to do something to lift up the staff and show them they are appreciated. Meghan said do something for the staff to help with mental health/self-care.

There was discussion of creating a note and attaching it to a piece of dark chocolate for each staff member. Discussed sharing a link to a chocolate video.

Lori B will create a Google doc for the note to staff and share with the rest of the committee. Everyone should feel free to contribute to it. Would like to complete and distribute by November 20. Sue offered to do bags of popcorn. Lori will purchase chocolates.

An email will be sent to staff the day the chocolates are distributed so that they check their mailboxes.

Discussion of Atomic Habits by James Clear. Overall, enjoyed by committee members.

Next meeting will be January 14, 2021 at 3:00 p.m.

Meeting adjourned at 3:45 pm

### Action Items:

Lori B to create Google doc and buy chocolates

Lori D and others to help write in names on notes