

# Wellness Council Meeting Minutes

January 17, 2024

## Members:

|                                                        |                                   |
|--------------------------------------------------------|-----------------------------------|
| Kai Byrd (Superintendent)                              | Andrea Hubbard (Curriculum Coach) |
| Jackie Nathman (Climate & Instruction Specialist)      | Jaime Guthrie (Parent)            |
| Brandy Spargo (Business Manager)                       | Panos Lapatas (Parent)            |
| Donna Ricciardi (BOE Food Service Coordinator)         | Jennifer Searles (Parent)         |
| Caitlin Bruni (Nurse)                                  |                                   |
| Peter Ferrara (Chartwells Director of Dining Services) |                                   |

**Attending:** Kai Byrd, Jackie Nathman, Brandy Spargo, Donna Ricciardi, Peter Ferrara, Panos Lapatas (arrived at 3:35 p.m.), Jennifer Searles (arrived at 3:40 p.m.)

**Absent:** Andrea Hubbard, Caitlin Bruni, Jaime Guthrie

**Visitors:** None

## Call to Order

- Ms. Ricciardi called the meeting to order at 3:33 p.m. via Google Meet.

## Approval of Minutes

- Motion** by Ferrara, seconded by Byrd, to approve the October 18, 2023 meeting minutes as presented. *The motion carries 5 yes, 5 absent (Bruni, Guthrie, Hubbard, Lapatas, Searles)*

## Agenda

- Wellness Interest Survey Results
  - Ms. Ricciardi presented the results of the survey distributed in December.
    - There were 42 participants.
    - The most favored activities were the Step it Up Challenge and the Art of Meal Prep Cooking Demonstration.
- Update on Staff and Student Wellness
  - Ms. Ricciardi shared that a staff wellness day is being planned for the March 15th

Professional Development with several activities for staff to choose from, one of them being the Art of Meal Prep Cooking Demonstration.

- b. The goal is to offer the Step it Up Challenge starting in March. It is an 8-week challenge. Ms. Nathman agreed to organize this and include Student Leadership in the planning.
- c. Mrs. Searles agreed to look into working with her Girl Scouts troop to organize an outdoor activity in the spring to promote student wellness.

### Future agenda items

- Approval of January 17, 2024 minutes
- Status of Wellness Initiatives

### Adjournment

- Meeting adjourned at 3:55 p.m.

**Next meeting: February 21, 2024 at 3:30 p.m. on Google Meet**