



EGSC Health and Wellness Subcommittee Minutes December 4, 2023

Attendees: Alison o'Rourke, Molly Sylvia, Andrea Coelho, Anne-Marie Flaherty, Karin Wetherill, Neil Marcaccio, Dr. Brian Ricca, Kevin Murphy, Clare Cecil-Karb, Melissa Centraccio, Lisa Perry

Welcome, introductions

Discussion: recruiting student representatives for wellness committee

Ms. Sylvia has identified two interested students who will be able to attend meetings.

Update and discussion : breathalyzer program in high school.

Breathalyzers were used during the homecoming dance this year and were able to be implemented through a random selection process.

Introduce our new Food Service Director and update regarding school breakfast and

Lunch programs

Welcomed new food service director. One of the goals for this year is to increase the number of students who are participating in the school breakfast program. Group discussed concerns about use of styrofoam and lack of dishwashing ability in one school.

Mental health school update discussion.

Continued concerns about mental health in the school district. Students reporting anxiety and stress. Student mental health needs exceed the capacity of the mental health team - specifically social workers who are tasked with home visiting, risk assessments and emergency interventions.

Adolescent sexual health survey may offer funding for professional development when completed. Dr. Ricca and committee will look at details of survey and leadership will take next steps.

Meeting was adjourned with next meeting's date tentatively confirmed,

Minutes submitted by Clare Cecil-Karb, Subcommittee Chair