

**PATCHOGUE-MEDFORD UFSD**  
**WELLNESS COMMITTEE MEETING**



**AGENDA MINUTES**

**March 9, 2021**

**Present:** Nicole Ciminiello, Daniel Erwin, Denise Bassin, Gerry Lake, Ryan Cox, Caitlyn Klindworth, Sara Turnasella

**Absent:** JoAnne Durovich, Theresa DeLeva, Nancy Poulis, Michael Russell, Nicolette Trankina, Gabriella Koch

**Note taker:** Nicole Ciminiello

	<b>DISCUSSION</b>	<b>FOLLOW-UP</b>
1.	Welcome/Introductions- Nicole welcomed everyone to the second Wellness Committee meeting of the 2020-2021 school year. Nicole introduced two new members, Sara Turnasella and Caitlyn Klindworth. Nicole also stated that the committee had three students who wanted to join.	
2.	February-Heart Health Awareness Month- Nicole asked Denise to give an update on the two podcasts that Dr. Jones held regarding heart health.	Thank you to Denise for getting this set up.

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3.	School Lunch Program-Nicole asked Dan to explain how the school lunch program runs since there are a few new members on the committee this year.	
4.	Cornell Cooperative Follow Up- Nicole asked Gerry if she was able to set up her schedule for the “My Plate” curriculum for the 1 <sup>st</sup> grades at Barton and Bay. Gerry explained that everything is set up and she will report back at the April meeting as to how everything went. At Barton she is doing one big zoom with all the classes at the same time and then Bay she will do individually.	
5.	Mindfulness Minute- Nicole explained that she tries to take a minute a few times a day to close her eyes and just do some deep breathing. She stated this helps with just relaxing her mind and body. Nicole said she does this especially right before she goes to bed. Nicole recommended to the committee to try to do this as well. Denise and Caitlyn stated that this is very important as they have see a lot of behavioral issues with the students because of the pandemic.	Nicole expressed to the committee to try to take a minute or sometime to decompress as the environment we are all living in has been stressful.
6.	Family Center- The committee asked if it would be beneficial to have one of the Family Center employees to be a part of the Wellness Committee. Nicole thought it was a great idea.	Nicole will follow up with the Family Center and see if anyone would be available to join the committee. This is still an open item as Nicole still needs to reach out to an employee to try to join.
7.	Other- Sara stated she did reach out to some of the secondary health teachers to see if there was	Nicole suggested reaching out to them again to see if they could set something up towards mid to end of April since all secondary students

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	anything she could do to assist in the curriculum remotely. Sara stated that she did this in the beginning of the year, so the teachers were a little stressed with all the changes due to the pandemic.	would be back in the buildings which would mean a more normal schedule for both the students and the faculty. Sara stated she will do that.
8.	Meeting adjourned at 4:35. Nicole will send out zoom credentials for the April meeting.	
9.		
10.		