

**BRISTOL WARREN REGIONAL SCHOOL COMMITTEE
HEALTH & WELLNESS SUBCOMMITTEE MEETING**

**Reynolds School, 1st Floor Conference
Room 235 High Street, Bristol, RI 02809
Tuesday, June 10, 2025
4:00**

Meeting Minutes

Members Present: Margaret Richards, Chair, Lisa Colwell, Co-Chair, Chrissy Barlow, BWRSD SC, Kristen Reed, HEZ, Ellen Estrella, Nursing Coordinator, Laurie Heyden, HCES School Psychologist, Karin Wetherill, RI HSC

A. Welcome

B. Meeting minutes approved from March 25, 2025 meeting

C. Member Updates:

Ellen Estrella reported that Flu Clinics have been set for the upcoming school year. They are scheduled for both October and November.

Kristen Reed shared that the HEZ received the CODE Overdose Engagement Grant.

MHHS/TJ DelSanto Reported:

1. Wellness Week at MHHS

Over the week of 4/28 - 5/2, more than 300 students, teachers, and staff participated in our Wellness Week activities, which included a week long Pedometer Challenge, Yoga classes, Wellness Bingo, Zumba classes, and our DodgeBall tournament.

Over 70 people participated in our Dodgeball Tourney, including teams from the Bristol Police and Fire Departments, the Warren Police and Fire Departments, and MHHS students and staff.

Also, our junior and senior classes attended the well received Circles and Silence assembly, presented by David Neil from the U.S. Department of Justice, in conjunction with the Warren Prevention Coalition.

2. Stop the Bleed Training

All members of the PE/Health department at MHHS, and MHHS's Athletic Trainer, participated in the Stop the Bleed training, led by Dr. Elizabeth Renaud from RI Hospital. All PE/Health staff are now certified as instructors and can train others in Stop the Bleed protocols, as we prepare for the addition of our EMT CTE program.

3. Ongoing K-12 Health Education curriculum revision

Members of our department continue the work of revising our K-12 health education curriculum. The work is going well in spite of time limitations, and is estimated to be completed by January 2026.

D. Planning for the 25-26 SY

Margaret Richards reviewed the form and data of responses that have been received from the survey she developed. The anticipation is that more respondents will provide feedback.

Ms. Richards indicated that there is interest in all areas of the survey that she developed and suggested that it will reveal work that the Health and Wellness Sub-Committee can focus on for the upcoming school year.

Group discussed opportunities for expanding membership for the upcoming school year to increase family and community participation.

Kristen Reed inquired about staff wellness and priority in the district.

Group discussed the meeting dates for the upcoming school year

- Group will meet on Tuesdays @ 4:00.
- Dates proposed are September 23, 2025, November 18, 2025, January 27, 2025, March 24, 2025, June 9, 2025

Other ideas for interacting with the community include “Community Night Out”. It happens in August usually.

Meeting Adjourned at 5:00 PM