

PATCHOGUE-MEDFORD UFSD
WELLNESS COMMITTEE MEETING



MEETING AGENDA

January 14, 2026

Present: Lori Cannetti, Danielle Steinberg, Katy Forman, Diana Andrade, Daniel Erwin, Carolyn Walsh, Cailyn Rose-Freaney, Bernadette Smith, Haley Wood, Hollyann Ficco, Tracy Warrington, Jessica Guerra

Note taker: Danielle Steinberg

	TOPIC	DISCUSSION
1.	Review Survey Results	Student Food Survey & Next Steps <ul style="list-style-type: none">• Committee will review survey results; discussion will continue at the next meeting.• Mr. Erwin will provide an overview of food services and discuss potential barriers to implementing some of the suggestions highlighted in the survey.• Action: Add these topics to the agenda for the next Wellness Committee meeting.
2.	Farmers Fridge Follow-up	Vending Machines & Contract with Compass <ul style="list-style-type: none">• The district currently has an RFP contract with Compass Vending, which prevents bringing in another vendor for additional machines.• Compass provides funding to the district for scholarships.• The contract, which includes both food and drink items, runs through June 2026.• Mr. Erwin reached out to Compass to determine if they offer similar options for vending items. Waiting to hear back.• The committee discussed the possibility of modifying the contract next year if certain options are not

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		<p>available through Compass.</p> <ul style="list-style-type: none"> • Action: Mrs. Cannetti will follow up with Mr. Mazzie regarding potential contract modifications.
3.	Massage Therapist	<p>Massage Therapy Programs</p> <ul style="list-style-type: none"> • Katy Forman brought in massage therapists at Center Moriches High School. The company provided an introduction, and teachers could sign up to utilize their insurance during lunch periods. This program ran every Friday for two years. • Massage therapy sessions cannot be held during prep hours as this is instructional time; sessions would need to be scheduled before or after school or during prep. • Staff would need a script prior to participation, and the committee discussed whether a payment option for massage could be offered. • The committee discussed the potential to offer massage therapy once a month at all 11 buildings. Katy will follow up with the previously used company regarding building use and insurance. • When bringing in providers, the district must not favor one company over another and should explore multiple options. The committee will explore additional options within the community. <p>Health Screenings</p> <ul style="list-style-type: none"> • In the past, a van for breast cancer screening was brought in (e.g., Stony Brook setup at Saxton). Physicals for employees are conducted at the beginning of the year. • Medical van for EKG screenings.
4.	Using Your Voice Run	<ul style="list-style-type: none"> • PS I Love You Day & Community Engagement – Update from Danielle Steinberg and Katy Foreman • The registration link for the event went live on 1/15 and will be posted on the district website, ParentSquare, and Facebook pages. • Students will go to Main Street to put hearts in windows for PS I Love You Day and to gather sponsors for the run. • Suggestions were made to reach out to local gyms, Medford restaurants, and stores to promote

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		<p>participation.</p> <ul style="list-style-type: none"> • Emphasis was placed on the importance of strong community engagement this year. • PTA Council will be contacted to bring the event back to their buildings and encourage participation. • Connections with Lioness are being explored for programs such as seeing-eye dogs and diabetes education. • Lions Club involvement, including a booth featuring a veteran discussing mental health and PTSD. • Discussion of the benefits of service dogs in accidents and traumatic incidents. • A follow-up Zoom meeting will be scheduled with the Lioness and Lions Club to coordinate participation.
5.	PS I Love You Day	<p>Student Councils</p> <ul style="list-style-type: none"> • Student councils will be involved in upcoming initiatives. • Mrs. Cannetti will send out a list of student council advisors. <p>Spirit Week</p> <ul style="list-style-type: none"> • Discussion on implementing a consistent Spirit Week across middle and elementary schools. <p>PS I Love You Organization</p> <ul style="list-style-type: none"> • Materials for PS I Love You will be provided by the Family Center. • Need identified for translation of PS I Love You materials to ensure accessibility for all families. • Exploration of hosting a PS I Love You walk as a community event. • Discussion of a photo competition connected to PS I Love You initiatives. <p>Student Art & Visual Displays</p> <ul style="list-style-type: none"> • In the past, students created signs and a banner displayed in the main office. • Action: Reach out to Mr. Brinkman to get the Art Department involved in upcoming initiatives.

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	OTHER	<p>Vape Education Workshop</p> <ul style="list-style-type: none"> • A vape education workshop will be held Tuesday night in collaboration with Northwell Health and Catholic Health. • A reminder message will be sent to parents prior to the event. <p>Grant Award – Emeril Lagasse Foundation</p> <ul style="list-style-type: none"> • Emeril Lagasse Foundation has been awarded a \$500,000 grant to renovate a room at Tremont for a farm-to-table initiative. • The focus of the project is promoting a healthy way of living by reducing reliance on processed foods. • Emphasis is placed on the impact of nutrition on children and encouraging healthier choices in grocery stores. <p>Educational Connections</p> <ul style="list-style-type: none"> • The initiative integrates multiple subject areas, including: <ul style="list-style-type: none"> ○ History, Math <p>Expansion and Sustainability</p> <ul style="list-style-type: none"> • Discussion centered on whether the program will expand once Tremont is fully up and running. • Additional grants within this initiative may support field trips and program expansion. • Consideration was given to how the district can invest in other schools once the community sees the benefits. <p>Use of Tremont Facilities</p> <ul style="list-style-type: none"> • Other schools will be able to visit Tremont to utilize the kitchen space. • The initiative is intended to serve school communities, not just Tremont. <p>Student Engagement Goal</p> <ul style="list-style-type: none"> • The goal is to get elementary students excited about future CTE culinary offerings at the high school through early exposure and hands-on experiences. <p>Community & Adult Wellness Opportunities</p> <ul style="list-style-type: none"> • Plans include developing a state-of-the-art kitchen to: <ul style="list-style-type: none"> ○ Offer cooking classes for parents and staff ○ Host guest chefs • Potential expansion of Adult Education offerings in Wellness Center discussed