

# WELLNESS COMMITTEE MEETING MINUTES

March 21, 2023, 8pm

Boardroom

The Wellness Committee met in the boardroom for a public meeting on March 21, 2023. The meeting started at 8:07pm as scheduled.

Committee Chair: Shannon Kuchak

Committee Members in Attendance: Joe Ross, Laura Evans, Melissa Flynn, Leanne Lombardi, Jennifer Boccadori, and Barb Cwikla, .

Public in Attendance: Joe Strauch, Melissa Hatala, and Tracy Wescott..

Committee discussed the following:

- Triennial Assessment Update: (Shannon Kuchak) Completed in Spring of 2021. One item on the assessment we wanted to improve upon was to increase our efforts to involve stakeholders to participate in Wellness Committee meetings. Tonight's public meeting is one step towards reaching this goal. We have also added additional health lessons for students in the elementary center and there is a pending update for Health online resources for Jr/Sr high school for the 2023-2024 school year.
- PCCD Grant Update: (Shannon Kuchak) Recent grant revision request was approved to modify the posted SBSW to Mental Health Intervention Counselor. This revision was made to broaden the scope of qualified candidates. Interviews for this position will begin later on this week.
- ESSER Grant Update: (Shannon Kuchak) We were recently awarded \$93,161.00 in ESSER Grant funds for SEL/SEL Professional Development/Reading Improvement/Other Learning Loss. Supplemental programs that we're planning on purchasing with these funds to address these areas are Navigate 360, PATHS/EMOZI and continued licenses with School Connect.
- Supplemental Programming: (Shannon Kuchak) Supplemental programs that cover the following topics were discussed as proposed programs for the 2023-2024 school year: Bullying, Healthy Relationships, Drug and Alcohol Prevention.
- High School Counselor Update: (Tim Ronchi and Brittany Butler) Not in attendance. No report shared.
- Elementary School Counselor Update: (Leanne Lombardi) The LTEC Student

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Grief Group is at its all-time high of 11 student participants. Students in this support group have experienced the loss of a parent. Other student groups being held at the LTEC involve students experiencing friend/social conflict, peer group issues, and anxiety. These groups typically run during lunch with Mrs. Lombardi. There is an uptick in student behaviors being observed. Tier 2 interventions such as checkin/checkout and behavior plans are being utilized to address this issue.

- Nutrition Group Inc. Update: (Barb Cwikla) It is National School Breakfast Week. Please encourage all students to participate in the free breakfast program.
- School Nurse Update: (Laura Evans) Discussed upcoming field trips and plan for additional nurse assistance if required. Kindergarten registration will be held the week of May 22nd. Sixth grade move-up day will be held on May 19th. There is a need for disposable cups for students to use at the water bottle stations for students who do not have their water bottles with them each day.
- High School Health and P.E. Update: (Scot Wasilchak/Mallory Griggs) Not in attendance. No report shared.
- Health and P.E. Update: (Boccadori) There is a need for disposable cups for students who need water during PE and do not have a water bottle. There has been an increase in student misbehavior which is being addressed with PE specific ROAR rules, visual reminders, and class discussions.
- Family Consumer Science Update: (Brianna Estus) In Food Science students are learning about MyPlate, which is the USDA's food recommendations (replaced the food pyramid). Along with this they are learning about making healthy food choices daily and making recipes that follow the MyPlate guidelines. As they cook they continue to practice kitchen and food safety. A few recipes that they made in the last few weeks are nice cream (banana ice cream), roasted carrots, no-bake peanut butter oatmeal bars, and apple crisp.
- Elementary Center Update: (Brian Kearney) Not in attendance. No report shared.
- High School Update: (Mark Murphy)
  - Vape Sensors: The Jr. Sr. High School will have a trial period with vape sensors to determine their value in deterring vaping in the restrooms and

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locker rooms. After the trial period a recommendation will be made to the board.

- o Weight Room: The weight room is set to be converted back to the auxiliary gym this week. The larger space provides a safer environment for students to use the equipment. We will also convert the small weight room to a wrestling room for summer workouts. The weight room is staffed from 2:45pm-4pm each day (Mr. Marx is the advisor in the spring) and does not serve as a locker room for football until approximately July. So all students are welcome and encouraged to use this space each day until 4pm.
- o Bottles and Cans: We found that the vending machine near the athletic wing had not been locked down during the day causing some students to access sports drinks that were not approved for sale during the school day. Mr. Schofield assisted with securing that machine and it seems to have improved the situation. We have also advertised that students should not be taking bottles and cans purchased during breakfast and lunch to classrooms. Since implementing both of these initiatives we have not received any further negative feedback or concerns.
- o Spring Sports: Spring sports have begun and we're happy to report we have a large number of students participating in an activity (including the Spring musical). Spring activities are a critical element to students' mental health, stress relief, and physical fitness especially when the weather finally breaks and they are able to get outside for organized activities.