

BOE Social Emotional Health & Wellness Committee Minutes

Friday, March 25, 2022, 9:30am

BOE Conference Room

3 Primrose St., Newtown, CT 06470

Present: Janet Kuzma (chair), Jennifer Larkin (member), Deborra Zukowski (member), Dr. Lorrie Rodrigue (superintendent), Anne Dalton (Health and Wellness Coordinator) and one member of the public.

CALL TO ORDER

The meeting was called to order at 9:35 by Ms. Kuzma.

PUBLIC PARTICIPATION

None.

OLD BUSINESS

1. Committee Goal – Social Emotional Supports

Ms. Dalton presented a worksheet that she created to identify current Programs, Personnel, Practices, and Partners (4P) for each level of school, i.e., K-4, 5-6, 7-8, and 9-12. This is a work in progress, and is the first step of a three step process to document and communicate Social Emotional Health services available both in the schools and throughout the community. Step 2 will be to add substance and structure to each identified service. Step 3 will be to communicate services to students, families, and staff.

Dr. Rodrigue will be sharing with the A-team to see if there are any programs or practices that might have been missed.

2. Community Partnerships & Awareness

Ms. Dalton has been working with Donna Culbert, the director of the Newtown Health District. They are looking into Diabetes Prevention and 5-2-1-0 programs. The latter program stands for a daily goal of 5 servings of fruits and vegetables, no more than 2 hours of screen time, at least 1 hour of physical exercise, and 0 sugary drinks.

She is also working with the Newtown Community Center and Newtown Youth Academy to provide more health and wellness programs for both students and staff. As part of this effort, the district hopes to increase the awareness of such community-based health and wellness activities and related services, like transportation from schools available to students.

In addition, Ms. Dalton is working with the Newtown Prevention Council about possible vaping initiatives, including possible billboards and she attended a virtual presentation with Tricia Dahl, a senior Research Assistant at Yale School of Medicine and expert on adolescent vaping, about potentially addressing students, staff, and families about vaping.

Ms. Dalton will also continue to work with Mary Murphy, who is creating a PEAC survey to canvass members of the school community about their experiences with social emotional services available throughout the community. This survey will be collecting information about the availability of such services as well as barriers to access.

NEW BUSINESS

1. District Health & Wellness Page

Ms. Dalton shared a page for her overall Health and Wellness focus. This page is available as a “Department” on the district website [<https://www.newtown.k12.ct.us/HealthandWellness>]. As the 4P worksheet gets more mature, the plan is to integrate the information provided in the worksheet within this area of the district website.

2. Internet Safety Informational Session

Ms. Zukowski moved to postpone this topic until the next meeting. Ms. Larkin seconded. The motion passed unanimously.

3. Approve minutes from January 28, 2022

Ms. Larkin moved to approve the minutes of March 4, 2022. Ms. Kuzma seconded. The motion passed unanimously.

SUPERINTENDENT UPDATE

Dr. Rodrigue spoke with Maureen Crick Owen and Anna Wiedemann, members of the Town’s Suicide Prevention Council, about possible resources for programs. She mentioned a program being offered by Bethel Public Schools about “The Effects of Social Media on Children and Teens,” see Appendix A for more information.

PUBLIC PARTICIPATION

None.

ADJOURNMENT

Ms. Zukowski moved to adjourn the meeting at 10:33 am, seconded by Ms. Larkin. Motion passed unanimously.

Bethel Public Schools Presents:



**THE EFFECTS OF SOCIAL MEDIA
ON CHILDREN & TEENS**



**Wednesday, April 6, 2022
Bethel High School Auditorium
300 Whittlesey Drive
Bethel, Connecticut 06801**

**TWO Age Appropriate
Sessions Offered**

Meet the Speaker

CATHERINE STEINER-ADAIR, Ed.D

Clinical Psychologist, Consultant,
Speaker and Author of the 2013 Wall
Street Journal best nonfiction book,
*The Big Disconnect: Protecting
Childhood and Family Relationships
in the Digital Age*

[Website for Dr. Steiner-Adair](#)

Grades PreK – 5

5:30PM – 7:00PM

**The Big Disconnect:
Protecting Childhood &
Family Relationships in the
Digital Age**

Overview:

Learn about the impact of
technology on the mental health
and well-being of our youth and
strategies to support children in
the digital age.

Grades 6-12

7:15PM - 8:45PM

**Is Technology Addictive?
From Distraction to
Obsession to Addiction**

Overview:

An over dependence on
technology can significantly
impact our children's lives. Join
us as we learn about the
warning signs that lead to
obsessive and addictive
behaviors and strategies to
avoid them.



THIS EVENT IS OPEN TO THE COMMUNITY