

# **BOE Social Emotional Health & Wellness Committee Minutes**

**Friday, September 2, 2022, 9:30am**

**BOE Conference Room**

**3 Primrose St., Newtown, CT 06470**

**Present:** Janet Kuzma (chair), Don Ramsey (member), Chris Melillo (superintendent), Anne Dalton (Health and Wellness Coordinator).

## **CALL TO ORDER**

The meeting was called to order at 9:29 by Ms. Kuzma.

## **PUBLIC PARTICIPATION**

None.

## **NEW BUSINESS**

### **1. Discussion on School Wellness Policy**

Ms. Kuzma stated that the policy committee sent the School Wellness Policy to this committee to get input. Mr. Ramsey stated a concern over whether or not kids are getting enough to eat. Ms. Kuzma stated proportion size is part of the healthy lunch food certification, not directly in this policy. Mr. Melillo stated that there might be some changes with Chartwells. Ms. Dalton stated that we are looking to get elementary health certified for teaching to deliver information.

### **2. Wellness Week**

Ms. Kuzma announced that the state has now recognized May 26th of each year as Childrens Mental Health Day. Ms. Kuzma & Mr. Melillo discussed the idea of expanding on this and expanding to a "wellness week" in May. The goal would be to infuse curriculum with a healthy lifestyle during this week. Ms. Dalton stated that this is something the wellness committee might be able to tackle by brainstorming a theme, and then possibly enlisting help of individual PTA's and separate school committees to plan events. The committee discussed and brainstormed different ideas and

suggestions for the week. Ms. Dalton will work on setting up at committee. Mr. Ramsey liked the idea and said this could foster social emotional experiences.

### **3. Approve minutes from May 25, 2022**

Ms. Kuzma moved to approve the minutes of May 25, 2022. Don Ramsey abstained. The motion unanimously.

#### **Health & Wellness Coordinator Update:**

Ms. Dalton said that she spoke with Matt Austin from the center for empowerment & education to discuss programs at Middle School & High School. They are now running programs k-12. They have programs related to Social Emotional Enrichment Activities.

Ms. Dalton reported that internet safety information on health & wellness will be posted on website. Andrew Tammero & Officer Chapman worked on putting useful information together for this. She also reported that we are continuing with the anti-vaping initiatives. Ms. Kuzma asked if it was possible to do something at middle school to be preventative and address it before it becomes a problem. Matt Arinello from the community center will be posting posters in bathrooms at high as part of an anti-vaping initiative.

Ms. Dalton reported that she spoke with John from Chartwells and they will be working together for some healthy food related programs. There is also a backpack program going on for any child who is in need of food.

There is a vaccine clinic set up through September and looking to find provider for flu clinic.

Health town fair is September 24 at Reed.

Staff wellness classes at the community center include yoga and looking to add pilates.

Ms. Dalton did mention this job can be difficult because there is no budget for Wellness. Mr. Melillo said to let him know if there is something she needs and can discuss.

#### **Superintendent Update:**

Mr. Melillo spoke about the success of the first week of school as well as a successful convocation. He is continuing to meet with parents and address concerns.

### **PUBLIC PARTICIPATION**

None.

## **ADJOURNMENT**

Ms.Kuzma moved to adjourn the meeting at 10:22 am, seconded by Mr. Ramsey.  
Motion passed unanimously.