

New Milford Board of Education  
 Wellness Advisory Committee Minutes  
 October 4, 2017  
 Lillis Administration Building, Board Room

**Present:** Committee Co-Chairs: Ms. Alisha DiCorpo, Mrs. Laura Olson  
 Committee Members: Mrs. Anne Bilko, Mr. Bill Dahl, Dr. Diane D’Isidori,  
 Mrs. Denise Duggan, Mrs. Jen Hankla, Ms. Stacey Kabasakalian, Mrs. Paula  
 Kelleher, Mr. Keith Lipinsky, Dr. Chris Longo, Mrs. Susan Murray, Mrs.  
 Mariann Schirizzo, Mrs. Sandra Sullivan

1.	<p><b>Call to Order</b></p> <ul style="list-style-type: none"> <li>Ms. Alisha DiCorpo called the Wellness Advisory Committee meeting to order at 3:50p.m.</li> </ul>	<p><b>Call to Order</b></p>
2.	<p><b>Public Comment</b></p> <ul style="list-style-type: none"> <li>There was no Public Comment.</li> </ul>	<p><b>Public Comment</b></p>
3.	<p><b>Items of Information</b></p> <p>Ms. DiCorpo welcomed everyone to the meeting and asked everyone to introduce themselves and state how long they have been on the committee.</p> <p>A. <b>Wellness Committee: Building Makeup</b></p> <ul style="list-style-type: none"> <li>Ms. DiCorpo presented a recap of the meetings from last year via a power point presentation. During the presentation, Ms. DiCorpo explained the process of creating the regulation for the policy. She stated that at the end of last year, each principal delivered to their staff the outcome of the last meeting, whereby, beginning in the 2017-2018 school year, “Healthy Celebrations” will begin.</li> <li>Ms. DiCorpo explained that for the next few meetings, the mission of the committee/subcommittees will be to brainstorm ideas that will be brought back to the building level Wellness Committees. She also stated that more work needs to be done at the building level when snacks don’t meet the guidelines. A</li> </ul>	<p><b>Items of Information</b></p> <p><b>Wellness Committee: Building Makeup</b></p> <p>RECEIVED TOWN CLERK <i>Jah</i> 2017 OCT 11 A 10:09 NEW MILFORD, CT</p>

	<p>suggestion was made that the committee should work with the building level PTO.</p> <ul style="list-style-type: none"> <li>Ms. DiCorpo stated that we have a consultant on staff at the elementary schools who is helping with the Social/Emotional side of the Board Policy. He has been working with teachers on a book study of, "Growth Mindset" and has been visiting classrooms and talking to students. Ms. DiCorpo stated that there is a plan to have this occur at Sarah Noble as well, however, at this point he is doing Ed-Camp sessions during Professional Development days with the 3-5 teachers.</li> </ul> <p>Mr. Dahl asked if perhaps the consultant could train someone (or 2) in each building to help, or be a "special friend" to those students who need it. Ms. DiCorpo stated that, for now, we are keeping the mentorship aspect separate.</p> <p>Ms. DiCorpo stated that during the October Professional Development day, the K-2 Guidance Counselors will be reviewing the "Choose Love" program, to align lessons with the current units of study in their curriculum for classroom implementation.</p> <p>Ms. Kabasakalian from the Youth Agency stated that their Social Worker is at Sarah Noble one day a week. The guidance counselors sends her students for lunch bunch. They can do games, talk, etc. Seems to be an asset.</p>	
B.	<p><b>Sub-Committee</b></p> <ul style="list-style-type: none"> <li>Ms. DiCorpo stated that for the building-level subcommittees, they should plan on meeting once per quarter to plan activities/goals for their buildings.</li> </ul> <p>At minimum, each school committee should be comprised of:</p> <ul style="list-style-type: none"> <li>PE/Health Teacher</li> <li>Nurse</li> <li>Administrator</li> </ul>	<p><b>Sub-Committee</b></p>

Parent or two (one of which could/should be a PTO member)

Guidance/Related Services/Support Team

- In addition to the building level committees, the Wellness Committee will have the following subcommittees and their members;

Community Outreach:

Stacey Kabasakalian

Ashley Dovale

Dr. D'Isidori

Betsey Thibodeau

Nutrition Promotion

Sandra Sullivan

Susan Murray

Michele MacDonnell

Mariann Schirizzo

Jen Hankla

Wellness Opportunities for Staff

Ann Bilko

Paula Kelleher

Bill Dahl

PE/Health for Students

Denise Duggan

Chris Longo

Keith Lipinsky

- Each sub committee broke off into groups to meet and discuss strategies and goals. Ms. DiCorpo stated again that all subcommittees will trickle down to the building level committee. The building level committee will also be sharing ideas with each sub committee.
- The sub committees shared their goals with the group:

Nutrition: Need to get the message out about the food service program, ie: types of food served, what the Nutrition Services does, encourage the school environment and public

what an asset they are. They would like to make them aware of the Nutrition Standards. Some ways to reach that was suggestions, District Newsletter (a small blurb regarding different aspects of the food services role), Twitter, and perhaps a PTO meeting Q&A for parents.

Community Outreach: The sub committee felt that sometimes there are misunderstandings between parents and the school Perhaps having a dialogue with parents/school teams in the way of a forum? Dr. D'Isidori stated that perhaps an email could be sent monthly, in Spanish and English, to all parents. First a survey, what are some questions you have regarding the new Policy/Nutrition Standards, then every month answer one or two of the questions.

The sub committee also thought that perhaps a blog on the subject would be great too. Dr. D'Isidori stated that perhaps the Nutrition Standards could be part of the survey.

#### Staff Wellness:

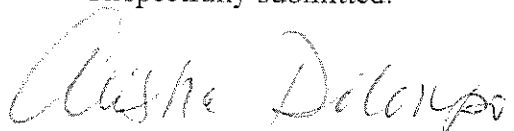
This subcommittee goal is: Promoting staff wellness through monthly activities and wellness plans. The idea of sending out monthly wellness tips to staff was brought up. Mr. Dahl stated that a big part of wellness is the work/life balance. This is something they would like to promote.

PE/Health: This committee's goal is to work on how to get students moving outside the classroom. They will go back and create a survey for students to see what they think will work to get students moving and go from there.

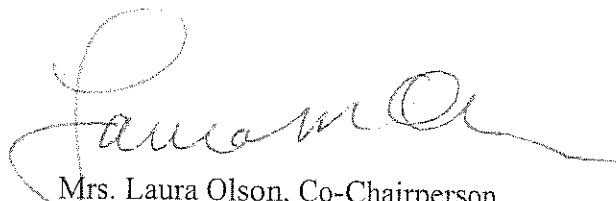
There were a lot of suggestions regarding pairing the Staff Wellness with the PE/Health sub committees together, walk a thon, community health fair (not just for high school) something that gets the community involved is key.

	<p>Ms. DiCorpo thanked everyone for coming up with such great ideas. She suggested that the building committees get together by November for their first meeting.</p> <p>Ms. DiCorpo stated that she would like to finalize the sub committee's goals and ideas at the February meeting.</p>	
4.	<p><b>Public Comment</b></p> <ul style="list-style-type: none"> <li>• None</li> </ul>	<b>Public Comment</b>
5.	<p><b>Adjourn</b></p> <p>The meeting concluded at 5:05 p.m.</p>	<b>Adjourn</b>

Respectfully submitted:



Ms. Alisha DiCorpo, Co- Chairperson  
Wellness Advisory Committee



Mrs. Laura Olson, Co-Chairperson