


**New Milford Board of Education
Wellness Advisory Committee Minutes
February 11, 2015
Lillis Administration Building, Meeting Room 2**

Present: Committee Chair: Mr. Joshua Smith, Mrs. Laura Olson
 Committee Members: Mrs. Susan Brofford, Mrs. Marianne Durkin,
 Dr. Diane D’Isidori, Mrs. Dana Ford, Mrs. Jane Harrison, Mrs. Ann Hartman,
 Mrs. Barbara Nanassy, Mrs. Lynn Nissenbaum, and Mrs. Mariann Schirizzo
Also in Attendance: Mrs. Denise Duggan, Mrs. Carrie Allen

1.	<p>Call to Order</p> <ul style="list-style-type: none"> Mr. Joshua Smith called the Wellness Advisory Committee meeting to order at 3:52 p.m. 	<p>Call to Order</p>
2.	<p>Public Comment</p> <ul style="list-style-type: none"> None 	<p>Public Comment</p>
3. A.	<p>Presentation</p> <p>Overview of District’s K-12 Health Program</p> <ul style="list-style-type: none"> Mr. Smith introduced Mrs. Mariann Schirizzo, Mr. Scott Hoffman, and Mrs. Denise Duggan, the district’s K-12 health teachers. Each teacher would give an overview of the scope and sequence, topics taught, and how often students meet. Mr. Smith introduced Mrs. Mariann Schirizzo who teaches grades K-6 minus grade 5. Mrs. Deidre Burke teaches grade 5. Mrs. Schirizzo said she meets with her K-3 classes once a month for one 40-minute lesson and coordinates her schedule through the guidance department. She said this is a great fit, as a lot of what guidance covers overlaps nicely with what she teaches in health. Mrs. Schirizzo said she approaches health from a self-management and relationship management perspective. Using a triangle, she teaches students that they are in the center and each side is equal to the other and that your emotional health is just as important as your physical and social well-being. She said when she teaches the specific lessons; I have the students figure out where they fit into the health triangle and how it makes them a healthy person. Mrs. Schirizzo said some of the topics covered 	<p>Presentation</p> <p>Overview of District’s K-12 Health Program</p> <div style="text-align: right; margin-top: 200px;">  RECEIVED TOWN CLERK 2015 FEB 13 P 1:31 NEW MILFORD, CT </div>

for this age group would include injury prevention, bullying, when is it appropriate to call 911, stranger danger, disease prevention, dental and health, environmental health, bus safety, and substance abuse (medicine vs. an illegal drug).

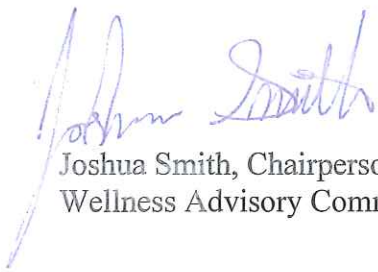
- Mrs. Schirizzo said she also meets with fourth and sixth grade students once a month for 40 minutes. Some of the fourth grade topics include communication, self-esteem, character development, nutrition, and disease prevention.
- Mrs. Schirizzo said she meets with the sixth grade students together and meets separately with the boys and girls as we discuss topics specific to their gender.
- Fifth grade students meet with Mrs. Burke once every six days. Fifth grade students meet more often as the program is introduced at a time when students are experiencing major physical, emotional, and social changes. Some of the topics covered in fifth grade include puberty, sexual harassment, communicable and non-communicable diseases, and communication skills.
- Mr. Smith introduced Mr. Scott Hoffman, grade 7-8 health teacher. Mr. Hoffman distributed a handout describing the topics covered at this grade level.
- Mr. Hoffman told the group that he meets with grade 7 once a week for one quarter. Some of the health topics covered in this grade include basic hygiene, the importance of sleep, nutrition and eating healthy, the importance of exercise and setting individual goals. Students will learn about stress management, bullying and self-esteem. Grade 8 meets two times per week for one semester (half-year). Some of the topics covered include nutrition, substance abuse, and mental health. Students do a lot of research, projects, and role-playing.
- Mr. Hoffman told the group about the question box. This is an opportunity where students can write down questions and leave it in the box. This is a great filter for students who are not comfortable asking in person. When needed, referrals are made to our guidance counselors

- Mr. Smith introduced Mrs. Denise Duggan, health teacher at New Milford High School. Mrs. Duggan distributed a handout describing health courses available to grades 9-12.
- Mrs. Duggan said all students are required to take Health I and all freshman are certified in Red Cross CPR. Topics covered in health include coping with emotions, communication skills, how to advocate for yourself, disease prevention, nutrition, and substance abuse (alcohol, marijuana and this year heroin was added to the topics covered.)
- Mrs. Duggan said the New Milford Police Department was at the high school earlier in the school year to present on substance abuse and prevention.
- Mrs. Duggan spoke about and showed the group a shirt the students created. The front of the shirt says "New Milford Cares" and the back says "Today the cost of your habit, tomorrow the cost of your dreams, a life without drugs.....priceless." Mrs. Duggan said the Youth Agency helped with the shirts as well and the New Milford police union bought shirts for all New Milford teachers. On Fridays, the staff proudly wears the shirts. Shirts were given to all board/town members as well.
- Mrs. Duggan told the group that Chris Herren, former NBA basketball player and motivational speaker, will be giving a presentation on substance abuse and how he refocused his life to put his sobriety and family above all else. That will take place in May for the students and the community.
- Mrs. Duggan discussed other courses offered to students, which include Allied Health, Medical Technology, EMT, Sports Medicine, Early Childhood and Child Development.
- Mrs. Duggan said next year we will be affiliated with Naugatuck Valley Community College and students will earn college credit for Allied Health.
- Mrs. Duggan told the group that PE is also required for grades 9 and 10, and starting with the current sophomore class, they will be required to take four years of PE in order to

	<p>graduate.</p> <ul style="list-style-type: none"> • Mr. Smith thanked the teachers for their presentations that we are always looking at ways to improve our scope and sequence, and how we are always looking for ways, we might put energy/resources to areas that need it. • Mr. Smith told the group that in the Superintendent's/Board approved budget submitted to the town, a full-time social worker and a part-time substance abuse counselor have been added to the budget and hopefully if the budget is passed as presented we will have these added resources. 	
<p>4. A.</p>	<p>Items for Information</p> <p>Health & Wellness Self-Assessment</p> <ul style="list-style-type: none"> • Mr. Smith introduced the group to Alliance for a Healthier Generation. A link to the website will be sent to all members. • Mr. Smith said this initiative does a couple of things; but most importantly, it is a self-assessment tool for our schools. • Mr. Smith and Mr. Hoffman set-up a profile for Schaghticoke Middle School. Mr. Smith demonstrated the self-assessment tool and how you can create actions plans, explore resources, take actions, and celebrate successes. Some topics include physical education, food services, nutrition, and counseling. Mr. Smith asked the members if they could spend some time reviewing the website and provide feedback on whether this would be a good resource for the district. • Mrs. Harrison asked Mr. Smith about breakfast for grades 7-12, as it is currently not offered to this age group. Mr. Smith said that plans are under way to offer breakfast to all students next school year. He explained how it is difficult to offer breakfast to students who arrive at school 5-10 minutes before the start of their day and the current hurdles (budgetary, staffing, student supervision) but we are looking at different possibilities to make this work next year. 	<p>Items for Information</p> <p>Health & Wellness Self-Assessment</p>

B.	Upcoming Meeting Dates/Agenda Topics <ul style="list-style-type: none">• Mr. Smith distributed the remaining wellness meeting dates for 2014-15 and possible agenda items. We will work in the next couple of weeks to secure presenters for the remaining three meetings.	Upcoming Meeting Dates/Agenda Topics
5.	Adjourn Mrs. Mariann Schirizzo moved to adjourn the meeting at 4:55 p.m., seconded by Mrs. Anne Hartman and passed unanimously.	Adjourn Motion made and passed unanimously to adjourn the meeting at 4:55 p.m.

Respectfully submitted:



Joshua Smith, Chairperson
Wellness Advisory Committee