

**New Milford Board of Education
Wellness Advisory Committee Minutes
March 28, 2019
Lillis Administration Building, Board Room**

Present: Committee Co-Chairs: Ms. Alisha DiCorpo, Mrs. Laura Olson
Committee Members: Mr. Alex Amaru, Mrs. Gina Bernard, Mrs. Angie Chastain, Mr. Justin Cullmer, Mr. Bill Dahl, Mrs. Denise Duggan, Dr. Yvonne de St. Croix, Mrs. Cindy Gallagher, Mr. Scott Hoffman, Mrs. Stacey Kabasakalian, Mr. Keith Lipinsky, Dr. Chris Longo, Mrs. Michelle MacDonnell, Mrs. Julianne Morin, Mrs. Barbara Morris, Mrs. Mariann Schirizzo, Mrs. Sandra Sullivan, Mrs. Betsy Thibodeau, Mrs. Sarah Wells

1.	Call to Order Mrs. Laura Olson called the Wellness Advisory Committee meeting to order at 3:50pm	Call to Order
2.	Public Comment There was no public comment.	Public Comment
3.	Items of Information Mrs. Olson welcomed everyone to the meeting and asked everyone to introduce themselves and what their role is.	Items of Information
A.	Choose Love: Mental Health Forum Mrs. Julianne Morin, Social Worker at HPS and NES and a member of the Positive Parenting Network, shared that she and other school social workers had attended a workshop, put on by one of the mother's of a Sandy Hook student-Jesse Lewis. She shared a short you tube video, and handed out a brief overview of the program. She and the others felt that it would be a great program for here in New Milford as it is aligned to the Common Core Standards as well as the five core SEL competencies. The program is free and lessons can be downloaded.	Choose Love: Mental Health Forum  RECEIVED CIVIL CLERK APR - 3 2 35 NEW MILFORD, CT

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B.	Developmental Assets: Profile of Youth Survey • Mr. Justin Cullmer did a brief overview of the survey. The survey is given approximately every 2 years. The last time it was given was in 2016-2017. He stated that there are 160 questions that capture a snapshot of what is going on in the home and with their peers. The one thing that the survey did not address is vaping. He stated that for the next survey, they will address that. • Half of the funding for the survey came from the NMBOE by way of their Title IV grant. The survey results will be shared with the BOE first then through a community forum. • Mr. Cullmer states that he will be able to share the data with a comparison from year to year.	Developmental Assets: Profile of Youth Survey
C.	Policy 5141.21 • Laura, along with some of the nurses who were in attendance, spoke of the changes to Policy 5141.21, Students will be able to self administer/self carry, as long as they have a doctor's note on file. • School nurses will continue to provide the bus company with a list of students who have medication plans. Bus Drivers will be trained by the end of the school year in how to administer cartridge injections.	Policy 5141.21

D.	Teenage Brain Overview • Mr. Dahl spoke about the presentation which was held on Monday, March 27 for the community. He states that it was very well attended and very informative. He stated that one of the many points that was brought up was that a healthy brain is related to healthy food, which ties right in with what we are trying to accomplish here at the Wellness Meeting. • Mr. Dahl gave a brief overview of the presentation and pointed out two of the favorite things that he took away from the presentation. 1. Things not to do when your child is in a state, (Scream, threaten, Accuse, Blame aka Stab) find other ways 2. Straw Breathing: A mindfulness technique, breathe in like a straw and let the air out.	Teenage Brain Overview
E.	Parents as Partners Update: • Mrs. Olson stated the next presentation is on 4/29, where there will be a speaker on Internet Safety. An email blast will be going out with information on that presentation. • Mr. Dahl stated that he really enjoys the Parents As Partners presentations and encourages everyone to attend.	Parents as Partners Update
F.	GROW (Groceries on Wheels Program) • Ms. Alisha DiCorpo was asked by Katy Francis of the Town Council to pass the word on the GROW (Groceries on Wheels) Program. Ms. DiCorpo gave the details of the program that were given to her by Katy Francis. • Mrs. Angie Chastain also spoke regarding her program Camella's Cupboard. This program provides food to students at risk for food insecurity. Ms. Chastain stated that over the summer they provided breakfast/lunch to over 100 families. There is also an in-house pantry set up at SMS and NMHS for those students who need it. There is no income verification for the program.	GROW (Groceries on Wheels Program)

	• Mrs. Chastain stated that Eversource is volunteering to help fill the Spring Break bags. • She is very proud of the fact that they have raised \$25000.00 and have served over 6000 meals to NM Families. • They are always looking for volunteers. Feel free to contact her should you want to volunteer.	
G.	Revisit Wellness Letter to Parent/Guardians • Wellness parent letter and packet was handed out to the committee at the October meeting. Ms. DiCorpo asked for them to peruse the information once more and to provide feedback at the next meeting. • The committee decided as a group that the policy is working ok. Although they are rethinking the phrase “are not encouraged.” • Mrs. Gallagher at HPS states that at least once or twice a week they receive cupcakes and have to tell the parents no. • Mrs. McDonnell stated that, first as a mother with a child who has severe allergies, and secondly as a nutritionist, she still stands by no food at all. • Ms. DiCorpo stated that regarding the elements of the policy, they would need to be reviewed by the Board of Education if they want to address changes to the policy itself. • The new superintendent would need to know the changes proposed. It’s a process and takes time. • Mr. Dahl stated that the last time this was brought up at the BOE, the opinion was split. He stated it wasn’t the “wellness” portion that seemed to be the issue, it was more the cupcakes. Really need people to speak during public comment if you want changes made. • Mrs. McDonnell stated that she would definitely speak at the BOE meeting when this policy is an agenda item. • Mrs. Kabaskien suggested for the 19-20 school year to have a “refrigerator copy of do’s/don’ts	Revisit Wellness Letter to Parent/Guardians

	when celebrating birthdays at school. The committee thought that was a great idea. • Mrs. de St Croix said that the TAG students created a cookbook to help make healthy choices. She said that has witnessed that some students are making fun of other students for making healthy choices. Mr. Amaru stated that he doesn't see that at all in the cafe. If anything, he sees kids being proud of making healthy choices and making it a point to show him.	
H.	Building Wellness Committees • Ms. DiCorpo asked for a brief overview of where the different schools are with their Building Wellness Committees. Dr. Longo was the only school administrator in attendance and briefly described what they were doing at SMS. • Mrs. Duggan was representative of NMHS, and stated that they had just finished training students in Mental Health First Aid.	Building Wellness Committees
5.	Adjourn The meeting concluded at 4:57 p.m.	Adjourn

Respectfully submitted:



Ms. Alisha DiCorpo, Co- Chairperson



Mrs. Laura Olson, Co-Chairperson

Wellness Advisory Committee