

**WELLNESS COMMITTEE MEETING  
OPEN SESSION MEETING MINUTES  
April 03, 2024  
SMHS Room B121 (HS Conference Room)**

**Wellness Committee Meeting Members Present:** Nicola Bordelon - SPS Nursing Dept Head, Dr. David Quinn - Assistant Superintendent, Tracey Goodwin - School Committee Liaison for the Wellness Committee, Guy Boucher - Sandwich Community Services, Lisa Cahill - District Adaptive PE Teacher, and Jim Lehane - Parent

**Call Meeting to Order**

The last Wellness Committee Meeting of the 2023-2024 school year was called to order at 4:15 pm, by Nurse Bordelon.

**1. Final Reading and Review of the Proposed Wellness Policy for SPS**

Final reading and review of the Proposed Wellness Policy, including comments from the district's Social Worker and counseling staff.

Suggested section and paragraph language added to the proposed Wellness Policy:

***Social-Emotional Wellbeing***

*Social-emotional and mental well-being is a priority at the Sandwich Public Schools. School social workers and school counselors are hired by school districts to enhance the district's ability to meet its academic mission. Counselors and social workers are available to all students during the school day.*

Nurse Bordelon will send the Proposed Wellness Policy to the Superintendent for her presentation to the School Committee on 5/08/24.

**2. "Let's Talk About Opioids" on May 14th, 2024**

Nurse Bordelon is a member of the Sandwich Opioid Task Force, which is working to solicit community input to inform how Opioid Settlement funding is made available to the Town of Sandwich, and communities across the region and the country to address the impacts of opioid use. The opioid epidemic impacts our coworkers, friends, students, parents, grandparents and many others.

The Task Force has developed a community engagement process to hear from our community impacted. Nurse Bordelon personally invited committee members to the workshop on Tuesday, 05/14/24 at 5:30 pm at the Center for Active Living and encouraged all to join the discussion and to share the invitation with community members. The purpose of this workshop is to hear from community members most impacted and to learn what is working and what is not. Nurse Bordelon will forward information to Dr. Maruszczak, our Superintendent, to spread the word.

**3. Nauset District Wellness Fair on May 1, 2024**

Nurse Bordelon and Guy Boucher to attend the fair for information and ideas for a future Sandwich Wellness Fair to assist the community in learning practical tips for a healthier lifestyle, which was discussed with positive feedback. Possible health screenings, fitness demonstrations, nutritional tips, mindfulness sessions and wellness vendors were suggested. A copy of the

Nauset Wellness Fair flyer was shared with the committee.

Before adjournment, Nurse Bordelon shared that the SPS Wellness Committee meetings will resume in late September/early October 2024, with a focus on developing a Wellness Fair for students and families in the Spring of 2025.

#### **4. Adjournment**

Meeting adjourned at 4:50 pm. As a reminder, Nurse Bordelon will present the Proposed Wellness Policy before the School Committee on May 8, 2024.

Respectfully submitted by,

*Lisa Kushkowski*

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Recording Secretary for the Wellness Committee