

WELLNESS COMMITTEE MEETING
OCTOBER 18, 2023
CENTER FOR ACTIVE LEARNING

Wellness Committee Meeting Members Present: Nicola Bordelon - SPS NUrning Dept Head, Cindy Desimone - SMHS Nurse, Guy Boucher - Director of Community Services , Katie Riley - Parent of Middle School Students, Julia Crosby - FD Health Teacher, Emily Cataldo - District PT, Lisa Cahill - District Adaptive PE Teacher, Marty Cosgrove - SMHS PE / Health Teacher, Camilla Oliveria - SPS ELL Department Head

Member(s) Absent: Matthew Carney - Abbey Food Group

Administration Present - Ms. Tracy Goodwin - School Committee Liaison

1. Call meeting to order

Meeting was opened at 4:00 PM, by Nurse Bordelon. The Wellness Committee seeks more members at this time. Introductions were made.

2. Review of the current SPS Wellness Policy

Nurse Bordelon briefly reviewed each section of the current Wellness Policy, which hasn't been updated in a few years.

3. Wellness Policy Recommendations

- Nutrition is easily found, but could be linked better on the school website
- Getting a lunch count for the last lunch in the MHS for better choices on the menu
- More choices in the lunch menu (Nurse Bordelon will share Barnstable's lunch menu with Mr. Carney, Abbey Food Group)

4. Discussion:

a. How can we improve upon the Wellness Policy?

- It was suggested the Nurse Department be linked through the Health Class through the Curriculum Coordinator
- Support mental health by offering emotional support through high school Peer Leaders
- Getting Free Lunch Program information out to the parents

b. What needs can we identify for our students?

- Vending machines with healthy snack choices after the cafeteria is closed. Does Abbey Foods offer vending machines?

c. What is our goal for the Wellness Committee for SY 23/24

- Annual end-of-school evaluation (possibly May) of the Wellness Policy

5. Schedule Future Meetings

Discussion held on when to hold meetings, with current guidelines stating the Wellness Committee meets four times a year. The consensus was to meet on a monthly basis at this time.

Tracy Goodwin will mention the Wellness Committee is looking for more members at the next School Committee meeting.

Nurse Bordelon will bring committee questions back to district staff and present answers at next meeting

6. Adjournment

Meeting adjourned at 5:00 PM. The next meeting will be held on November 8, 2023 at 4:00 PM. Venue to be determined.

Respectfully submitted by,

Lisa Kushkowsky

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Recording Secretary for the Wellness Committee