

**Minutes
Wellness Committee
March 7, 2014**

Present:

Lois Pernice, Director of Special Education and PPS (Co-Chairperson)

Jill Patterson, Chartwells Registered Dietician

Kim Kus, Assistant Principal, Hurlbutt Elementary

Dru Walters, Assistant Principal, Middle School

Nina Daniel, Board of Education Rep.

The meeting was called to order by Mrs. Pernice at 3:10 p.m.

The Committee discussed the following action items regarding Nutrition:

- Jill Patterson reported that Chartwells Dining Service for Weston High School is the Brown Rice Grand Prize winner at the annual USA Rice Federation Contest for K-12 Schools. The winning recipe featured brown rice, Thai coconut milk, ginger, lemon grass and chicken infused with curry spices and topped with fresh lime and shredded, toasted coconut flakes. Weston High School will receive a generous brown rice donation from Uncle Ben's; Riceland or Producers Rice Mill, a commercial-size Aroma Rice Cooker for the school and a consumer size rice cooker for home kitchen. We are hoping that Andre parts with the recipe which we will send out.

The Committee discussed the following action items regarding Physical Health:

- Kim Kus noted that this has been a long winter for indoor recess. HES has used "Adventure to Fitness", which is a fitness program online for kids and activated thru classroom smartboards. The students participate by jumping, walking, hopping, leaping their way across the world with Mr. Mark on his adventures to promote fitness and to wake up cities across the world to be active.
- Pattie Falber and Laura Kaddis will be forming a committee to brainstorm more activities for indoor recess.
- Hurlbutt has used the back bus loop for recess. If the weather cooperates and the blacktop is dry, the area is gated off and the students have a play area outside.

The Committee discussed the following action items regarding Emotional Health:

- Lois Pernice reported that the results of the Drug and Alcohol Survey is posted on the our school website. On February 6 at 7:00 PM there was a Parent meeting at Weston Middle School regarding the results of the survey. About 25 parents attended and was very receptive to information and questions. We are hoping to continue the conversation during our workshops at Family University Night.
- Family University Night is scheduled for April 9th at 6:00-9:30 PM. This year the invitations will go out to all students' parents by email and Evite. We will be charging \$10 as a registration fee to cover the cost of food. Parents will have the option to pay thru their MySchoolBucks account or pay at the door. This year's presenters will be Mark Brackett, Ph.D, Director of the Yale

Center for Emotional Intelligence and Michelle Albright, Ph.D., Director of Youth Services in Weston. Topics will be High School Readiness presented by HS Students for Grade 8 students; high school students and 8th grade students will have a "Risky Behavior Panel" including a lawyer, ER doctor, Police, EMT and a school counselor; Grade 6 and 7 students will hear a presentation on "Social Responsibility" and all MS and HS parents will hear Mark Brackett present Emotional IQ. Grade 7 and 7 will have a workshop on "De-Stress/Coping Skills" including Art Therapy, Yoga and Guided Meditation.

The Committee discussed the following action items regarding other business:

- Lois Pernice reported that this year's Special Olympics Regional Games will be held in Weston on May 10th. There will be an online volunteer sign up.

There being no further business to discuss, the meeting was adjourned at 3:34 p.m.

The next meeting will be held on May 19th and a make-up meeting and our last on June 2nd.

Respectfully submitted,

Andrea Russo

Administrative Assistant to the Director of Special Education and Pupil Personnel Services