

## Health and Wellness Committee, Botelle School Meeting Minutes

**March 3, 2020**

**Present:** Rene Ayers, RN, Virginia Coleman-Prisco, EdD, Kelly Groover, Mary Beth Iacobelli, EdD, Winter Thorne-Kaunelis, Lauren Valentino

**Absent:** Caitlin Chabot, Donna Rubin

Meeting called to order at 2:48pm by Dr. Coleman-Prisco.

**Agenda items:**

**AGENDA ITEMS:**

1. Approval of previous meeting minutes. M. Iacobelli motion to approve. W. Thorne-Kaunelis seconds.
2. Reviewed and discussed Brooker Memorial meeting minutes from 2/13/20. Discussed the need for dental program here at the school. \$88.50 per student (cleaning and sealants) and Brooker will bill insurance or \$127 per student with grant writing, but involves a 5 year commitment.
3. Committee is continuing to Review/Revise Health and Wellness Policy for possible updates with discussion involving reviewing federal guidelines on healthy nutrition in the school setting. The review is being moved to a centralized Google doc.
4. Discussed considering healthier choices that align with the Health and Wellness Policy by faculty, staff and students. Discussed sharing healthy recipes, or other ideas such as an international week with different healthy dishes, or perhaps a healthy eating month. Discussed providing a healthy recipe in the newsletter. R. Ayers (Nurse) has healthy recipes on website. K. Groover has incorporated the healthy plate on the monthly menu. She will print out and laminate copies.
5. Reviewed current menu selections and number of children who have the school lunch. Reviewed how successful the smoothies have been. K. Groover reported that the smoothies were a great hit first week, but the next week was only one sale. Suggestions included portioning and freezing fruit, or having one day as "Smoothie Day".

6. Lion's club has an eye glass drive box at the bank in town. Parents can drop off glasses anytime. Student council will spread the word.

7. Update on Kids Heart Challenge how successful was the challenge. W. Thorne-Kaunelis reported that \$3863.24 was raised. The events went well.

8. Update on after school kids yoga program will there be a program offered? W. Thorne-Kaunelis talked to two instructors. C. Sinclair is unable to do the program.

V. Coleman-Prisco motions to end meeting. M. Iacobelli seconds.

3:28pm