

## Health and Wellness Committee, Botelle School Meeting Minutes

**January 7, 2020**

**Present:** Rene Ayers, RN ,Virginia Coleman-Prisco, EdD, MaryBeth Iacobelli, EdD, Winter Thorne-Kaunelis, Lauren Valentino

**Absent:** Caitlin Chabot, Donna Rubin

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Meeting called to order at 2:50pm by Dr. Iacobelli.

**Agenda items:**

#1: Dr. Coleman-Prisco is now on committee as Board member and parent.

#3: R. Ayers spoke to Lisa at Brooker Memorial regarding dental visits. \$700 to screen or the cleanings for \$4800 (approximate). Will do sealants at an additional charge. If child needs restorations, will be sent home with a notice. Dr. Iacobelli is working to get on the Region 1 budget for 20/21 and write up a grant for futher funding. Dr. Iacobelli mentioned Norfolk CT Children’s Foundation may support. It is unknown now how many families would participate. Dr. Coleman-Prisco recommended surveying parents regarding participation. Dr. Iacobelli also mentioned that Norfolk NET is a resource that would help cover dental care for parents.

Action item: R. Ayers will do survey & call back Lisa at Brooker.

#2: Members will review existing policy from September 2017, then discuss revisions and actions at the next meeting.

#4 & 5: Committee would like to encourage healthier choices by faculty, staff, and students. Some ideas for programs were brought up: potluck/recipe share, International week/different dishes, healthy eating month. The committee will review the existing policy (item #2) and see if action items can be implemented that align with the policy.

#6: Also, a healthy eating needs assessment for the café will be done with the staff, as with the smoothies that were offered.

#7: Winter: “Jump Rope for Heart” is now “Kids Heart Challenge”. The date of the event is February 11, 2020. NASP is resuming in late January. He is doing at least one program. Will reach out to C. Sinclair & H. Fitzgibbons regarding Yoga.

**New Business:**

Lion’s Club eye screening. Charles L. Fidler who coordinated the program in the past passed away. M. Iacobelli will contact Angela Bollard, 860-542-6873 from the Lion’s Club. Will also ask about an eyeglasses drive for the Lion’s club.

**Action items & topics for next agenda:**

Review policy for discussion  
Investigate smoothies and lunch participation  
Kids Heart Challenge  
Lion's club/screening  
Eye glass drive

Meeting adjourned at 3:32pm.

The next meeting will be on February 4, 2020 at 2:45pm.

Respectfully submitted,

Virginia Coleman-Prisco, EdD  
Recorder