

BOE Social Emotional Health & Wellness Committee Minutes

Friday, April 28, 2023, 9:30am

BOE Conference Room

3 Primrose St., Newtown, CT 06470

In Attendance: Janet Kuzma, Don Ramsey, Jennifer Larkin, Chris Melillo, Anne Dalton

CALL TO ORDER: This meeting was called to order at 9:35am

PUBLIC PARTICIPATION: None

OLD BUSINESS

1. Wellness Week Update

Mrs. Dalton shared that she has met with each school climate committee. The week will be a little different in each school. She learned that each school has someone who is trained in mindfulness. The PTA's will be helping to get the word out and help with daily activities.

The Screen free pledges will be used as raffle tickets. Raffle prizes have not yet been determined. The daily themes are as follows: Mindful Monday, Tasty Tuesday, Walking Wednesday, Thankful Thursday, and Fun Friday.

For Tasty Tuesday there will be district wide "tasty treats" from chartwells. They are working to get volunteers to pass treats. Robeks will be coming to NMS to give samples. All schools participating in Walking Wednesday and schools will send skids out for a walk. Thankful Thursday will encourage students to send Thank you notes or and kindness notes to school employees. Fun Friday is a half day. Elementary will do a recess for fun. High School will be holding a mini health fair with therapy dogs, NYA, robeks, prevention safety, boating safety, and a student health related capstone. This will take place in the lobby and kids will get raffle prizes.

2. Review & Discussion of Full Board Health & Wellness Presentation

Mrs. Kuzma stated that they are looking to gather information for a full board presentation on the overall health & wellness of the district. Mrs. Dalton stated that she has begun working on a presentation. Mr. Melillo said that Mrs. Uberti will also be

covering a portion of the presentation. The committee discussed items to be covered in the presentation such as: Usage of social support services & programs, school climate - including breakdown by grade level, bullying (anonymous alert app & other sources), prevention survey, and community collaborations.

School Climate report would likely include: reports of bullying, office referrals, counseling contacts, enrollment in school based health centers with mental health supports, and crisis interventions.

Mrs. Larkin asked how we get benchmarks with all these different tracking programs? Mr. Melillo stated the data we provide to the state would be the most accurate. Powerschool data gets verified. Mrs. Larkin also asked about Educlimber and that we should be able to track behavioral issues. Mr. Melillo said yes we can use Educlimber and that it pulls information from PowerSchool.

HEALTH & WELLNESS COORDINATOR UPDATE

Youth Survey - The recent survey sent to students had roughly 1,000 respondents. The data will be reviewed and organized by the end of June. Mrs. Kuzma asked about some of the questions that were asked to Middle School students and whether or not they really understood what certain questions meant. Mrs. Dalton said they try to figure out questions that will be appropriate for the age but occasionally there are questions that might not be fully understood by younger students. Mrs. Larkin suggested maybe having a focus group to pilot the survey in the future.

Interns from Center for Empowerment came to do a vaping game with the Health 1 students at the high school. It was well received and the game was very engaging.

Prevention Council is doing a vaping prevention billboard design contest. They are trying to get students to participate and the winning design will get put on billboard.

SUPERINTENDENT UPDATE -

During a recent PTA presidents meeting they discussed trying to do something together as a district. Mr. Melillo mentioned a side walk chalk festival.

Mr. Melillo said that letters will be going home to Halway students about the last two days of school. Transportation will be provided to the community center for students who wish to participate in the programs being offered there on the last two days.

PUBLIC PARTICIPATION: None

Mr. Ramsey made a motion to adjourn. Mrs. Larkin seconded the motion. Passed Unanimously.
Meeting adjourned 10:25am