

BCSD Wellness Meeting 12/10/2020

Present (virtually): Kristen Foote, Brian Wright, Lindsey LaDue, Matt Yager, Colleen Natale, Jen Patruno, Marion Higman, Amy Byrne, Joy Aukema, Kelly Galliher, AnnMarie Kanoza, Sophia Ianno

- I. Welcome/Introductions - Sophia Ianno joined the group as our new student rep. She is a sophomore, part of the Writer's Guild, and plays lacrosse & volleyball. Kristen shared information on Greater Good from Berkley and the Meta-Moment STOP method.
- II. Video Clips/Newsletter - Kristen & Lindsey have been adding video/audio clips to the wellness folder. If you need access to this to share with your building staff, please let Lindsey know. A new wellness newsletter was sent out to staff recently.
- III. District Inquiry Overview - An overview of wellness inquiry results to date were shared with staff. Lindsey will turn off responses today and download responses to share with the group. Discussed extending the deadline to December 23rd. Suggestions were made to assure staff comments are shared with district leaders as they have been in previous years.
- IV. What is next?
 - Digesting the information
 - Making suggestions
 - Building Awareness

The group was encouraged to assess needs and act as role models/stakeholders in their respective buildings.

- V. Virtual Wellness Day Form Review, Brainstorming and Taking Ownership - Kristen sent the committee a Google form to gather ideas for virtual wellness day topics/presenters. Topics will include mental and physical health as well as nutrition. Candy & Amy plan to provide a 20 minute workout session. Lindsey, Brian & Drew Howland will provide follow-along recipe videos and Lindsey can provide a nutrition lesson/activity. Other ideas were discussed - Dr. Nanavati as a potential opening speaker, etc.

Kristen has been providing a morning meditation (7-10 minutes long) and offered to send the audio recording to the wellness committee members if interested. The group was encouraged to send a list of wellness activities happening in their building to Lindsey.

Next Meeting: Thursday, February 4th 2021 (Google Meet)