



## Stafford Public Schools District Wellness Committee Meeting Minutes

**Present:** Steven Autieri, Kathie Gabrielson, Laura Lybarger, Steven Moccio, Lynne Pelletier, Diane Peters, Sharon Mlyniec, Robert Schadt, Michele Staczek, Eileen Zadrozny

**Absent:** Melissa Augusto, Rachel Freeman, Damian Frassnielli, Allison Nadeau-Shadon, Susan Mike,

**Date:** November 9, 2021

**Sliddeck [Link](#)**

- 1. Looking Ahead: Initiative and Annual Summary (Autieri)**--An update was provided to showcase the three target areas of the Health & Wellness Committee. These include nutrition, social-emotional, and wellness. Prior to the end of May, the committee developed actionable goals for all three of these areas that we will be targeting this year and reporting outcomes to the community in June.
- 2. Staff Wellness Planning (Autieri)**--The District can utilize up to \$5,000 for staff wellness activities during the 2021-2022 school year. The district will work with Cerina Savino to process reimbursements from the company. The committee suggested supplementing the new staff wellness events during early release days. The committee developed ideas for the consideration of PDEC (nutritionist, goat yoga, massage therapy, etc.).
- 3. Health Curriculum Framework 2021--(Autieri)**--Steve presented the draft framework for the new CSDE Healthy Balanced and Living Framework. Content shifts include additions such as violence prevention, sexual assault and abuse prevention, and safety & injury prevention. Concerns were raised regarding the scope of topics across the various grade levels. The next steps for the process include a review of curriculum alignment and areas for revision followed by a comprehensive plan and timeline for curricular updates. Parent open houses will need to be scheduled for families to have feedback on the curriculum prior to BOE presentation and adoption.
- 4. Policy Updates and Revisions--(Autieri)**--Steve presented the updated WellSAT data report and evaluation from CSDE. The results were significantly higher since the policy revisions in 2020-2021. Moving forward, we will return to our subcommittees to review the feedback and provide clarifications to the language for inclusion in an upcoming policy revision. The policy and regulations will be reviewed and improved.