



Stafford Public Schools District Wellness Committee Meeting Minutes

Present: Steven Autieri, Damian Frasinelli,, Laura Lybarger, Susan Mike, Steven Moccio,Robert Schadt, Sara Varga.

Absent: Melissa Augusto, Rachel Freeman, Kathie Gabrielson, Allison Nadeau-Shadon, Lynne Pelletier, Michele Staczek,, Eileen Zadrozny.

Date: November 7, 2022 Meeting Start Time: 3:30 pm

Sliddeck [Link](#)

- 1. Reviewing the Committee Vision Statement & Goal Areas (Autieri)**--The committee reviewed the vision statement and discussed some updates and completed tasks that align to each of the targeted goal areas.
- 2. CSDE Acceptable Foods & Beverages Resources(Autieri)**--Ms. Staczek shared resources for staff and family access to locate comprehensive lists for planning of events that meet healthy food criteria were discussed. The committee connected the resources to the specific areas within our BOE policies (6142.101). The [resources](#) will be linked to the Food Services page on the new district website so that staff and families can be directed there.
 - a. “The Connecticut Nutrition Standards apply to all food sold or served to students on school premises, including but not limited to, cafeteria a la carte sales, vending machines, school stores, fundraisers, activities and classroom snacks. All beverages sold or served to students at school shall meet the requirements of state statute and federal regulations, whichever are stricter, at all times.”
- 3. Healthy Balanced Curriculum Framework--(Autieri)**--Mr. Autieri provided the committee with a draft document showcasing the potential scope and sequence of health topics for Grades 6-12 aligned to a skills-based model. The work began after Mr. Autieri, Mr. Schadt, and Ms. Zadrozny attended the state level curriculum development workshop hosted by SERC on June 27/28, 2022. The next steps for the process include a review of curriculum alignment and areas for revision, alignment with the K-5 scope and sequence, and potential dates to share with the community at open house events for feedback and suggestions.

- 4. 2021-22 CPFA Data & Planning--(Autieri)--**The first administration of the CPFA in Grades 4, 6, 8, and HS have been collected and will factor toward Next Generation Accountability profiles this year. The data was shared with the team noting that the ultimate target is 75% of students meeting the goal across all four measures: sit and reach, push-up, curl-up, and mile run/PACER. Currently, SMS and SHS are performing above state and district averages, however, SES is substantially below state average. The committee discussed potential strategies to promote the access to fitness opportunities for students. The committee discussed goal setting and opportunities for scaffolding and guided practice during physical education class time. Administrators will work to support connections during the goal setting process this fall. The Office of Curriculum & Instruction will be providing parent performance profiles this year.
- 5. Staff Wellness Event Planning--(Autieri)--**Mr. Autieri showcased photos and updates from the staff wellness event held in the spring last year. Sessions included dog therapy, yoga, Qigong, basketball tournaments, and hydration stations. The focus is to support staff emotional wellness during the difficult pandemic transitions. The event was well supported and appreciated and we will focus on continuing with sessions in the fall, winter, and spring this year. The committee discussed ways to grow and expand the opportunities for the year. Suggestions included:
- a. Art Therapy–painting
 - b. Rehydration Station hosted by Integrated Rehabilitation
 - c. Nutritional Consultant
 - d. Dodgeball Tournament/Competitive bracket
- The committee also suggested a newsletter that could be shared with tips for healthy food and wellness opportunities/strategies.

Meeting adjourned at 4:30pm.