

**New Milford Public Schools
Wellness Committee Meeting-Envision New Milford
September 28, 2021**

Present: Committee Co-Chairs: Laura Olson (Director of Special Services & Pupil Personnel) and Anne Bilko (SNIS Principal)

Committee Members: Debbie Clark (SPED Dept. Chair), Gwen Gallagher (NES Principal); Lynn Nissenbaum (NES School Psychologist); Mary Orcutt (SMS School Nurse); Alexandar Amauro (SMS, HPS, NES-Health Teacher); Ashley Doval (ELL Teacher); Michelle McDonnell (Parent); Jobi Bieluch (HPS Nurse); Michelli Anatolio (Social Worker HPS/NES); Sandra Sullivan (Director, Nutrition Services); Adam Ciullo (SNIS, School Psychologist); Linda Morse (SPED Secretary-Scribe)

<p>1.</p>	<p>Call to Order</p> <ul style="list-style-type: none"> • Laura Olson <p>September 27, 2021 3:30 p.m.</p>	<p>Discussion</p> <p>Welcome:</p> <p>This is the first meeting of the school-year since the Pandemic. We are hoping to have more meetings this year.</p> <p>The Agenda of the meeting is to go over:</p> <ul style="list-style-type: none"> - Mindful Activity - Pathway to Wellness - Restorative Practice Review - Wellness Triennial Eval. Review - Wellness Triennial Next Steps - School Based Health Centers - Where do we go from there? <p>Slides will be posted*.</p>
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2	<p>Public Comment</p> <p>N/A</p>	<p>Notes</p> <p>N/A</p>
3.	<p>Items of Information</p> <p>A. Mindfulness</p> <ul style="list-style-type: none"> - Strategies to assist students who are emotionally unsettled, spinning out of control, mourning lost loved ones, pandemic stress, shock, anger, parent/family issues, learning struggles, depression. <i>Just Breathe Video by Julie Bayer Salzman and Josh Salzman</i> <p>B. Pathway to Emotional Wellbeing</p> <ul style="list-style-type: none"> - Schools to build respectful and meaningful connections with students, staff and families, a sense of safety, belonging and trust - includes support websites for staff and family - Stress and Trauma: The impact of stress due to significant loss, trauma, behavioral health issues, and isolation – includes support websites for staff and families - Social Emotional Learning (SEL): Understanding and managing emotions. CASEL: Self-awareness, Self-management, Responsible decision making, social awareness, and relationship skills – includes support websites for staff and family. <p>C. Restorative Practices</p> <ul style="list-style-type: none"> - Build healthy relationships with staff, students and the community. All teacher/admins/paras have been trained. Developmental Guidance, when incorporated into the curriculum, is a more successful approach, as supported by Joanne Freiberg and Patricia Ciconne. <p>D. Wellness Policy</p> <ul style="list-style-type: none"> - Nutrition Education - Standards in School Meals - Nutrition Standards - Physical Education - Wellness-Program: Market-Distribution to the Community - In-school Celebrations- Food needs to be provided from food services. 	<p>Notes</p> <p>On NMPS District Website www.newmilfordps.org - District Information, Emotional Wellness Website</p> <p>See “New Initiatives”</p> <p>NMPS passed all categories, but some practices need to be put in policy.</p>

<p>4.</p>	<p>New Initiatives</p> <p>Pathway to Wellness: Jane Danish and Julie Morin began creating Wellness and Resources during the Summer of 2020 to help students, staff and families. Lynn Nissenbaum continuing to research resources (still a work in progress).</p> <ul style="list-style-type: none"> - Community Resources Basic-Needs: food and financial assistance: Child Care Funding, Family and Children Aid, Youth Agency, FAM, Healing Hearts, Social Services, Camella's Cupboard, Local Therapy and Counseling Resources, Mental Health and Parenting Resources, The Zones of Regulation, Wingman Program NMHS and a school based Health Clinic. 	<p>Notes/Comments</p>
	<p>Future Agenda Items</p> <p>Committee Co-Chairs asked for feedback and input.</p>	<p>Future Meeting Dates:</p> <p>11/22/21 3:30pm 02/28/21 3:30pm 04/18/21 3:30pm</p>
<p>5.</p>	<p>Adjourn</p> <ul style="list-style-type: none"> • Laura Olson 4:20pm . 	<p>Adjourn</p>

Respectfully submitted:

Laura Olson, Co-Chairperson

Anne Bilko, Co-Chairperson

Wellness Advisory Committee