

**New Milford Public Schools  
Wellness Committee Meeting-Envision New Milford  
April 3, 2023**

**PRESENT:**

**Committee Co-Chairs:** Laura Olson, Director of Special Services and Pupil Personnel and Anne Bilko, SNIS Principal.

**Committee Members:** Dr. Janet Parlato, Superintendent; Debbie Clark, K-5 SPED Supervisor; Rinea Tirrell, Substance Abuse Counselor; Lauren Bergner, Preschool Dept. Chair; Roxanne Kraft, Special Ed Teacher LHTC; Gwen Gallagher, NES Principal; Eric Williams, HPS Principal; Megan Dwyer, NMHS Assistant Principal; Keith Lipinsky, NMHS Athletic Director; Mariann Schrizzio, SNIS Health Teacher; Lynn Nissenbaum, NES School Psychologist; Sandra Sullivan, Food Service Director; Angela Chastain, Camilla's Cupboard and Linda Morse, Special Education Secretary-Scribe.

**CALL TO ORDER:**

3:30pm

**Welcome:** Anne Bilko and Laura Olson welcomed everyone to the meeting.

Laura started off the meeting by having each school share what they have been working on regarding wellness within the schools and to discuss what they plan on doing for the **National Wellness Awareness Day on May 26, 2023.**

**HPS:** Eric Williams shared that they have provided Yoga and Zumba for staff after work and, periodically, Heliett Sanchez organizes a "Healthy Salad Day" lunch for staff. They have staff appreciation messages posted on their bulletin board as well. The students receive positive affirmations each morning and have a positive word of the day that students learn and talk about. Sometime in May, HPS is also working on possibly having Fire Fighters and EMT Ambulance workers come speak to the children about their jobs and how they help people within the community, as well as having service and support dogs for the children to meet. On National Wellness Awareness Day they will have a mindfulness moment during the morning announcement. For this day HPS is working on the following ideas:

- Students dress in neon colors and have outdoor Zumba Dance for all grades.
- Outdoor PE, Music and Art Classes.
- Salad Bar Day for staff

**NES:** Gwen Gallagher shared that NES is continuing Yoga with MaryAnn Ness for staff after school. On National Wellness Awareness Day they will have a mindfulness moment on the morning announcement. For this day NES is working on the following ideas:

- Wellness Walk around school grounds.
- Interactive Bulletin Board-What makes my mind & body ready.

**SNIS:** Anne Bilko shared that on National Wellness Awareness Day they will have a mindfulness moment on the morning announcement. For this day SNIS is working on the following ideas:

- Outdoor PE - playing games such as Kick Ball, 4-Square, Hopscotch, Jump Rope, etc.
- Outdoor Art - Lego's outside, Play Pictionary, drawing boards.
- Outdoor Music - Recorder class, singing, dance, band practice, lyric writing in chalk.
- Library - relax while reading or listening to a book, create gratitude bookmarks, writing compliments to each other.
- Health ideas – yoga, meditation and cooperative games.
- “A Lap for Everyone” where staff and students each take a lap around the track.

**SMS:** On National Wellness Awareness Day SMS will have a mindfulness moment on their morning announcements. On this day SMS will also have Wellness Bingo for staff and students, wellness stickers for everyone and classrooms will make wellness posters during Advisory.

**NMHS:** NMHS provides activity periods (Advisory and 3TR) where students are able to talk amongst their peers and build interpersonal relationships. The WAVE Awards program started this year and it recognizes students as leaders and role models on an awards system. Twice a month, students engage in school wide programming through Wingman and Activity Period Days. The Wingman program allows a group of leaders to mentor groups of upperclassmen and underclassmen in guided activities in which students discuss social and emotional acceptance of each other. On Activity Period days, students select a club, organization, or activity they want to be part of and attend monthly meetings with peers and staff. The high school also has a student School Culture Climate Committee that allows students to work with administration on identifying how to improve school culture. On June 7, (rain date June 9<sup>th</sup>) there will be an All School Field Day where staff and students participate in playing games such as Kick Ball, Ultimate Frisbee, Corn Hole, etc. On National Wellness Day, our seniors will enjoy a day of community friends, and fun at their outdoor picnic. In addition, all advisory/3TR groups will be invited to go outside during their time to enjoy a walk around campus or outdoor team building activities.

**LHTC:** On National Wellness Awareness Day LHTC is planning on having Yoga with MaryAnn Ness and a mindfulness hike with Roxanne Kraft (possibly Steep Rock Preserve in Washington, CT).

### **NUTRITION SERVICES:**

For National Wellness Awareness Day, Sandra Sullivan suggested organizing an ALL Fresh Food Day with different fresh fruits and vegetables, as well as a taste testing of other different healthy foods for students to try. She also suggested healthy choice food murals be hung up in the food line of each school cafeteria.

**Future Agenda Items:** TBD

**Future Meeting Dates:** TBD

**Meeting Adjourned:** Laura Olson at 4:25pm

**Respectfully submitted:**

- Laura Olson, Co-Chairperson  \_\_\_\_\_
- Anne Bilko, Co-Chairperson  \_\_\_\_\_