

Edgartown School Wellness Meeting Minutes
October 12, 2021

Attendees: Nicole Barlett, Kate Curelli, Stephanie Immelt, Sue Costello, Jennifer Klein, Michelle Pikor, Shelley Einbinder, Gina deBettencourt, Jean Zandowski

- * Nicole and Kate attended PTA Meeting. We would like to collaborate/communicate more through the PTA to get more info out to parents about our committee and initiatives. Talked about ways to also help PTA get more parents involved. Suggestion was made to offer 8th graders to watch children during the meetings and give them community service hours. Important to get yearly meeting calendars for PTA and wellness meetings blasted out.
- * Wellness information should be front and center on our website.
- * Wellness procedures were redone two years ago and policy was updated for the state. This had to be approved by the school committee.
- * Michelle sent out dates for monthly runs. There was some discussion about tying them into wellness themes like National Diabetes Awareness Month, for example). Brief discussion about funding raising as well but it was noted that we have several grade levels that raise money for various trips for the students so we don't want to interfere with that. Fundraising has to be supported and run directly by the school and publicly advertised. A suggestion was made that maybe we could do food donations instead of fundraise for National Diabetes Awareness Month. We will continue the conversation at a later date.
- * It was mentioned that we need to get the students moving again. Any physical type approach (breathing, stretching, yoga, mindfulness, etc.) to implement. Michelle is looking into the yoga grant again and Jennifer open to helping us in any way we need. Sue mentioned that many of the younger teachers have the students taking movement and music (dance) breaks.
- * A wellness newsletter quarterly would be great for parents and/or one from the main office. Oak Bluffs School does a weekly newsletter and parents love it as they know the happenings of each week. Suggestion was made that maybe this could be an avenue for the 8th grade students to get more published writing experience.
- * Walk/Bike to School Days will be brought back. Have to promote these. Tentative date October 20th.
- * Discussion took place about bringing back the After School Clubs. Sue was going to check in with the last coordinator. Another opportunity to get kids moving again. Also, are we getting information out to parents about what is happening at public library. Bonnie Kingsbury doing a great activity program for kids eight years old and over. How can we help promote these programs.
- * Next wellness meeting is November 9th at 3:00 PM. Some 7th graders are interested in participating. Looking for new wellness chairperson. Kate was suggested with both Sue and Michelle co-chairing. A follow up conversation will take place. Maybe we can brainstorm some ways to devise teacher "self care etiquette" at our next meeting.