

## MEETING MINUTES

# EDGARTOWN WELLNESS COMMITTEE

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**December 10, 2025**

## ATTENDEES

Kate Curelli, Debbie Debettencourt, Gina Debettencourt, Lori Ford, Jean Zdankowski, Heather Heinz, Maggie Benoit, Kate Campbell, Krystle Schaeffer, Alilson Doak

## **New Business**

- This meeting focused on updating our current Wellness Policy. Alison Doak is working with the committee to complete an assessment of our wellness policy and update the policy to ensure that it is DESE compliant. It will be presented 3 times to the school committee before it can be approved. Dates TBD

## **Promoting Wellness**

- **Continue with monthly themed fun runs.**
- **Share information about Amity Running Club's January "Mile a Day Fitness Challenge"**
- **Gym teachers are having a lap competition before gym.**
- **There is open gym available in the AM for students grades 5-8**
- **Krystle will share information with Heather and Meg about a yoga instructor who may be interested in coming to teach.**
- **Winter Walk, Bike & Roll to School Day is on Wednesday, February 4th, 2026**
- **MA Walk, Bike & Roll to School Day is on Wednesday, May 6th, 2026**

## **To Do:**

- Schedule the next Wellness Meeting with Alison Doak (Possibly in February)
- Review the changes and modifications made to the Wellness Committee's Policy and update the policy to reflect these changes.