

WESTERLY PUBLIC SCHOOLS
23 Highland Avenue Westerly, RI 02891
Health & Wellness Sub-Committee Meeting
Tuesday, December 8, 2020
4:30 PM
Virtual Meeting

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Meeting ID: 875 9638 5096
Passcode: 985266

Minutes

1. Call to Order

D. Bowdy called the meeting to order at 4:33 p.m. Present in addition to D. Bowdy were A. Storey, S. Ljungberg, C. Parise, M. Ogle, C. Speranza, J. Perrin, A. Iadevaia, M. Herard, A. Doescher, S. Ljunberg, M. Killooy and M. Chicas

2. Approval of Minutes from 9-29-20

A. Storey made a motion to approve the minutes, seconded by M. Ogle. The motion passed with a unanimous vote.

3. Food Service Report

M. Herard gave an update on food service in the schools as follows:

Elementary schools have breakfast carts available in the morning and are going classroom to classroom with a cart for lunch.

State St. is distance learning this week and has grab and go meals available to SSS students.

Springbrook started a fresh fruit and vegetable program for their students.

Students at WMS now eat in the cafeteria.

WHS students get lunch as they leave the building on their way home. This has created a dip in the numbers because students are going to nearby restaurants for lunch instead.

A. Storey thanked M. Herard and C. Miller for all their hard work coordinating food distribution.

Lastly, M. Herard mentioned that on December 23rd and 30th, they will be distributing grab and go meals for the time students are not in school due to the holiday.

4. Westerly Prevention and Wellness Partnership Report

A. Iadevaia stated that the partnership is focusing on creating a program for families and youths that are at high risk in the juvenile justice system.

The partnership also created calendars centered around Red Ribbon week. Nine students at WMS submitted drawings that are included in the calendar.

5. Old Business

A. Storey responded to a question posed by M. Ogle at the last meeting regarding intramural sports. She gave an update that there are currently no intramural sports right now. The Interscholastic League will be meeting soon to discuss a plan for winter sports.

6. New Business

- a. T. Castagna - Suicide Prevention Program Subcommittee
- b. T. Castagna report out on "Permission to Feel for Adults: Healthy Emotion Regulation During Uncertain and Stressful Times"

T. Castagna couldn't attend the meeting, however she submitted a report that will be emailed out to the subcommittee. A. Storey spoke about Youth Mental Health First Aid training that will be done in the spring.

7. Future Agenda Items

A Storey mentioned that C. Buxton dropped off about 500 adult masks and 100 children's masks for our homeless families.

A Storey also made mention that C. Miller has been actively reaching out to families to complete their Free & Reduced meal application. Because we are currently providing meals for free to families, many are not completing the required applications. Filling out the application has many benefits including scholarships.

8. Adjournment

J. Perrin made a motion to adjourn at 5:00 pm; seconded by C. Parise. Motion passed unanimously.

Respectfully submitted,



Diane Chiaradio Bowdy, Chair
Health & Wellness Subcommittee