

WESTERLY PUBLIC SCHOOLS
23 Highland Avenue Westerly, RI 02891
Health & Wellness Sub-Committee Meeting
Tuesday, March 16, 2021
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 4:30 p.m. Present in addition to D. Bowdy were A. Storey, T. Castagna, A. DeCoste, J. Perrin, C. Santilli, G. Price, M. Killoy, C. Parise, C. Speranza, K. West, C. Buxton, K. Wetherill, M. Herard and A. Iadevaia.
2. Approval of Minutes from 12-8-20
C. Parise made a motion to approve the minutes, seconded by C. Santilli. The motion passed with a unanimous vote.
3. Food Service Report
M. Herard discussed grab and go meals, Aramark's new informational website and food service waivers being extended until September. Discussion ensued.
4. Westerly Prevention and Wellness Partnership Report
A. Iadevaia reported that they, along with WHS are hosting an art night on March 30th for all eighth grade students who are interested. She also made mention that Westerly was awarded 48 Narcan kits from the Ten Thousand Chances Project.
5. Old Business
None
6. New Business
 - a. Link between nutrition and SEL
A. Storey referenced several studies in which nutrition directly affected mental wellbeing and reviewed the RI SEL standards. Discussion ensued.
 - b. Addressing mental health during COVID
T. Castagna reviewed community resources that are available to families and mental health statistics including hospitalizations. Discussion ensued.

c. PE throughout the district during COVID

A. DeCoste discussed challenges in PE throughout COVID and how they have adapted to new norms.

d. WHS & WMS Spring sports

J. Vetelino submitted a report that will be sent to the subcommittee following the meeting. D. Bowdy summarized that football, girls volleyball and cheer are currently happening, followed by unified volleyball starting next week.

Student Representatives G. Price and K. West introduced themselves.

6. Future Agenda Items

None

8. Adjournment

A. Storey made a motion to adjourn at 5:30 pm; seconded by C. Santilli. Motion passed unanimously.

Respectfully submitted,



Diane Chiaradio Bowdy, Chair
Health & Wellness Subcommittee