

WESTERLY PUBLIC SCHOOLS
23 Highland Avenue
Westerly, RI 02891
Health & Wellness Sub-Committee Meeting
Tuesday, December 6, 2022

4:30 PM

MINUTES

1. Call to Order

D. Bowdy called the meeting to order at 4:30 p.m. Present in addition to D. Bowdy were T. Castagna, K. West, L. Cugini, W. Dey, A. Gervasini, C. Speranza, M. Herard, K. Wetherill, J. Gouvin and C. Amanti Mathieu.

2. Approval of Minutes from 10-4-22

C. Speranza made a motion to approve the minutes, seconded by T. Castagna. The motion passed unanimously.

3. Public Comment

No one came forward.

4. Food Service Report

M. Herard reported on staff shortage and free and reduced meal applications. K. Wetherill spoke about equitable meals. Discussion ensued.

5. Westerly Prevention and Wellness Partnership Report

A. Iadevaia was not present at the meeting. No report.

6. Old Business

a. Mental health awareness

C. Mathieu discussed roles and responsibilities and ratios of our mental health professionals in each school building. Discussion ensued. T. Castagna spoke on caseloads and the mental health climate in the schools. Discussion ensued.

b. COVID-19 Updates

D. Bowdy read a report submitted by J. Perrin.

c. Recess Rocks

D. Bowdy read a report submitted by A. Storey. To summarize: elementary and middle school principals, PE teachers, recess/lunch aides participated in the two-day training. Discussion ensued.

7. New Business

a. Nutritional Outreach Coordinator Introduction

M. Herard introduced J. Gouvin in her role as the Nutritional Outreach Coordinator. In her position, she will be responsible for collecting meal balances

and offering support and guidance to families in need.

b. Lunch buddies

D. Bowdy read a report submitted by A. Storey. All schools except for State St have a lunch buddy system in place.

c. Attack the Track Update

D. Bowdy read a report submitted by A. Storey. Attack the track will return this year and take place on May 17, 2023.

8. Future Agenda Items

School safety and homeschool students access to mental health staff

9. Other

10. Adjournment

W. Dey made a motion to adjourn at 5:46 pm, seconded by L. Cugini. The motion passed unanimously.

Respectfully submitted,

A handwritten signature in cursive script that reads "Diane C Bowdy".

Diane Chiaradio Bowdy, Chair
Health & Wellness Subcommittee

Westerly Prevention and Wellness Partnership Report

- -Recently attended the Pawcatuck River Duck Race at the end of April and ran out of handouts/giveaways within an hour and a half (before ducks were dropped!)
- -Drug take back day was also on duck race day (April 30th) and we had giveaways available at the police station- 4,325lbs was collected across the state that day
- -Planning for attendance at both the Washington County Fair this summer and the Charlestown Seafood Festival as part of South County Regional Coalition
- -We (south county regional) are in the process of finishing up our needs assessment and will be moving forward based on community level needs
- -Working on planning our next mental health event (looking at doing something over the summer and outdoors)
- -Looking at what evidence based programs will be good to offer in Westerly - looking to offer a Marijuana Prevention program in middle and/or high school and coordinate with student assistance counselors to implement (due to recent legislation on legalization in RI)
- -Looking to add a couple new members to our coalition (specifically in business and healthcare sectors)