

District Health and Wellness Committee
November 10, 2022
2:45 - 3:45
Google Meet

MINUTES

Purpose: Monitoring the implementation of the district's (Student Wellness) policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary

I. Welcome & Introductions

In attendance: Marlene Silano, Logan Kranyak, Adilen Figueroa, Kimberly Dessert, Marla Novia, Ryan Murphy, Robin Carey, Cathay Sullivan, Colin Grevelding, Michael Grego, Susan Fennaughty

II. District Health and Wellness Initiatives

Addy Figueroa spoke to the group about the CPS EMployee Roadmap to Wellness Challenge. She also shared about the upcoming CPS Health and Wellness fair taking place tomorrow at CHS. She shared about the vendors who will be in attendance including Dr. Daniel Ruddy - Alexander & Grenon Chiropractic Center, Cheshire, CT, JB Sports - Hot Cocoa 5K & More Race Event, The Studio Pure Yoga, Cheshire, CT, Wellness Concepts- Destress @ Your Desk Booth, Cigna - Health Coach & Account Representatives, Quest Biometrics Screenings, Livongo, Metlife, Voya, Security Benefit (NEA), Franklin Templeton, etc.

III. Update on Teen Mental Health First Aid at CHS

Cathy Sullivan provided an update on the training provided on TMHFA and the subsequent classes taught to 10th graders this year. The teachers report aht some of the lessons are too scripted and hope to have additional input at the end of this rotation of classes.

Next Meeting: Thursday, January 19, 2023