

CSD Wellness Committee Meeting Minutes  
Monday March 11, 2019

**Attendees:** Donna Reynolds, Michelle Smith, Christopher Glenn

We welcomed a new committee member, Christopher Glenn, Group Relations Specialist with School Care, the CSD insurance provider.

**Admin Council Presentation:** Donna shared the information that was presented to the Admin Council in December.

Topics discussed:

- Revised wellness policy and procedures
- School Based Wellness Committees
- Student wellness, Center for Health Promotion work in CSD schools
- Staff wellness, reaching out to School Care to implement employee wellness initiatives

**SBWC:** We gave Chris an overview of the School Based Wellness Committees. Concord High has an ongoing active committee. Wendy from Center for Health Promotion has been working with Abbot Downing to form a committee. Jennifer Fennelly, who has been a district committee member in the past, has offered to form a SBWC at Mill Brook School. We will talk with Wendy to see if she's seeing any activity in the other elementary schools. Donna will send out an email to the principals asking them to share some wellness activities that are taking place in their schools and/or SBWC activity. Once committees are formed, we would invite one person from each SBWC to come to the district committee meetings. Michelle suggested referring to the list of staff members that she was originally given when implementing the 5210 program. These may be some of the wellness champions in our schools.

**Staff Wellness:** Chris gave us an overview of the many services that School Care offers our employees. Chris will work with our committee on an ongoing basis to distribute useful information on staff wellness initiatives. A suggestion was made to host a staff health fair or do a presentation at one of the district PD days. Michelle suggested that Center for Health Promotion and School Care could work together on this initiative. Donna will reach out to Donna Palley, CSD Assistant Superintendent, to see what opportunities there would be to hold a health fair or wellness presentation district wide.

**2018-19 Meeting Schedule:**

June 10, 2019