

## **BCSD Wellness Meeting 4/22/2021**

*Present (virtually/phone): Kristen Foote, Brian Wright, Lindsey LaDue, Chris Campolieta, Matt Yager, Colleen Natale, Jen Patrino, Marion Higman, Amy Byrne, Candy Sweeney, Kelly Galliher, Sophia Ianno, Patty Leader, Sue Kratochwill, Jess Volz*

Kristen shared a Headspace meditation on underlying calm to start the meeting:  
<https://www.youtube.com/watch?v=F0WYFXxhPGY>

### I. Review of the Virtual Wellness Day

A. Wellness library established and published through BTA Classroom page  
Lindsey shared a review of the staff Wellness Day evaluation feedback. We received excellent responses from participants and the wellness classroom is now a wellness library. Staff members can access throughout the year. Kristen presented the library to the committee. We can continue adding to the list of offerings. Ask participants to give feedback as they participate.

### II. Year in Review:

Goals:

**Implement virtual (video) programming to help District faculty and staff develop mindful practices for stress management and sound mental health and nutrition education.**

Opened wellness folder in November

Opened Wellness Google Classroom in March

Wellness Classroom became Wellness Library - currently available for staff use

**Send out 3 seasonal newsletters which will provide faculty and staff information on nutrition, sleep, mindfulness and “best practices” for student wellness.**

We will only have two this year - one in November and one in May.

**Offer a “Virtual Wellness Day” for faculty and staff as well as one for students at each level: Elementary, Middle, Junior High and High School.**

Offered Virtual Wellness Day in March for District Staff

Baker is contemplating Wellness Day in May

Durgee contemplating Wellness Days in June

**Revise and resend a Wellness Inquiry to District faculty and staff.**

We will review this information with BOE. Committee members agreed it may be a good idea to resend a revised version of the wellness inquiry to staff in May to compare results to December feedback. Kristen & Lindsey will work on this. Committee members were invited to join in proactively planning for next year as well.

III. Please send your year-end Wellness Review to Kristen by 4/26 - to be shared with BOE

IV. Other Announcements - Lindsey will resend Google class code and meeting reminder for Fall 2021. **Next Meeting: (Tentative) Thursday October 21st, 2021 at 7:00am**