

Douglas Public Schools Wellness Committee  
Meeting Minutes  
2/7/2022

Present: Rebecca Charniak  
Donna DeBetta-Pierre  
Laura Doherty  
Raquel Hammond  
Devon Klansel  
Lisa Lozeau  
Mary Sokol  
Paul Vieira

1. The meeting was called to order at 4:01 PM and each member present introduced themselves and what their role was in the school or community.
2. The minutes from 12/13/2021 were reviewed. A motion was made by Becky Charniak to approve the minutes and seconded by Donna DeBetta-Pierre. The minutes were approved unanimously.
3. Dr. Vieira reviewed the following two policies with the committee (ADF - SCHOOL DISTRICT WELLNESS PROGRAM and JLCCB - LIFE THREATENING ALLERGY POLICY STATEMENT) and informed the committee that due to COVID the two meetings scheduled to look at these policies had to be canceled. There is a meeting scheduled on Friday 2/11 to look at these policies.
4. Dr. Vieira reviewed the anti-vaping curriculum and shared that he would share it out with staff later in the week.
5. A lengthy discussion about how we can better meet the needs of staff and students when it comes to mental health issues was held. Suggestions from the committee include but were not limited to: how can we balance demands on staff and students, expectations need to be made clear to all to help eliminate stress, can we expand on stress free Fridays to all schools, how can we use therapy dogs in school, ask staff what would benefit them.
6. Earlier this year the district participated in a project to provide us feedback on how we can better engage with the community. A survey will be sent out in the late spring to review the results.
7. The Health and Wellness curriculum at the High School has been modified to go from 2 semesters to one semester. This was done to ensure that students could take more classes and several of the topics that were cut are topics that come up in advisory. A suggestion was made to add a health elective for upperclassmen.
8. At the meeting in December the recommendation was made to have middle school students change for PE classes. Dr. Vieira was told that this was problematic for several reasons. He will reach out to Mr. O'Brien to follow up.
9. The last portion of the meeting was dedicated to an open discussion on questions that people would like to talk about relative to the work of the committee. Topics included: What would a stress free day look like for staff? Can we do community service to build

school spirit? Can we have mental health minutes in school? What would students like to see as a stress relief?

10. A motion was made by Becky Chariak at 5:01PM to adjourn the meeting and seconded by Lisa Lozeau
11. The next meeting is scheduled for 4/11/2022 at 4PM Via Zoom