

APPROVED

Douglas Public Schools Wellness Committee  
Meeting Minutes  
11/27/2023

Present: Donna DeBetta-Pierre  
Laura Doherty  
Meg Rodzen  
Mary Sokol  
Paul Vieira  
Alison Weir

1. The meeting was called to order at 4:02 PM
2. The minutes from 3/27/2023 were reviewed. A motion was made by Laura Doherty
3. to approve the minutes and seconded by Mary Sokol. The minutes were approved unanimously.
4. Introductions of the members present started the meeting as everyone introduced themselves and their role in the district and community
5. A review of the purpose of the committee was discussed. The five purposes are:
  - a. Updating School Committee Policy
    - i. The policy was last updated three years ago and it will be relooked at a future meeting
  - b. Health Education and Services
    - i. The high school is still looking for a dedicated health and wellness teacher. This will be discussed with the high school principal
    - ii. A question was asked about what were some of the offerings in PE classes. An overview was given with more information to be presented at a future meeting
    - iii. Ms. Rodzen asked the question about how many days students had in PE at the middle school. This information will be presented at a future meeting
    - iv. Ms. DeBetta-Pierre asked if offerings such as yoga could be considered at the high school. This will be presented to the high school principal
  - c. School Nutrition
    - i. Ms. Weir presented an overview of the program. Ms. Rodzen asked if protein could be considered as an offering for the breakfast and Ms. Weir will look into this as an option going forward
  - d. Physical Education
  - e. Social and Emotional Wellbeing of All
    - i. Topics such as yoga, monthly themes, awards for students, and stress free Fridays were discussed as options and will be presented to building based principals
6. Ms. Weir reviewed the food service audit from last year and some ideas she has to act on recommendations

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7. A motion was made at 4:44PM by Alison Weir to adjourn and it was seconded by Meg Rodzen
8. The next meeting will be on January 22, 2024 via Zoom

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