

Health and Wellness Committee
November 13, 2018

Present: Caitlin Chabot, Carolyn Childs, Mary Beth
Iacobelli and Donna Pequignot
Absent: Sara Heller and Lauren Valentino

The committee convened at 9:05am. There will be an after school program on cooking. The class will be for K thru 3rd grade.

Lisa Bazzano will be overseeing the school's garden.

Mary Beth reported on the emotional intelligence program and the stepped introduction of the program. Teachers and staff will be taught first about the program and how to incorporate the concepts to all.

Lauren will be asked to update us on the mindfulness exercises.

The next meeting will be December 4th.

Respectfully submitted,

Carolyn Childs