

Ives School

Wellness Committee Minutes

Date: January 26, 2022

Time: 9:00 - 10:00 am

Location: 2nd Conference room above Fishbowl

Attendees:

James Coughlin, Ph.D.

Elizabeth Mirra

Tom Ettahir

Dean Parker

David Fesh

Nicole Taylor

Cathy McNerney

The meeting started at 9:00 am with 7 members in attendance.

The wellness policy was read to all attendees.

Dr. Coughlin and Cathy McNerney (Health and PE teacher) talked about how nutrition and wellness are integrated into the Health and PE classes and offered information on how to integrate health and wellness into the overall program.

Dean Parker added that Social/Emotional wellness should be added to the policy. All agreed.

We discussed the ServSafe program that we currently have with our students. Letting the students know that proper personal hygiene and the knowledge of proper cleaning and sanitizing can help with confidence in a kitchen and in life, which helps with overall wellness.

We will soon be starting up the Project Adventure Program again; an Adventure based learning program.

David Fesh talked about starting a Walking Club. This would include walking around the campus as well as nature hikes. Also teaching the students to meditate can help with all around wellness.

Two dates for follow up meetings were discussed:

March 2nd @ 9:00 am in conference room above Fishbowl. We will discuss revisions that we feel need to be added to the policy.

June 8th @ 9:00 am in conference room above Fishbowl for the Biannual meeting.