

**MINUTES OF MEETING**  
**Wayland Wellness Committee**  
**Meeting on: October 24, 2022**

**Present:** Barbara Cataldo, *Interim Director of Special Education*, Erin Gibbons, *School Committee Liaison and Parent*, Cheryl Judd, *Food Service Director*, Scott Parseghian, *Director of Health and Wellness*

A discussion took place about this year's Wellness Committee. The need to recruit new members exists.

We have the following requirements of the committee covered: Parent, School Committee Rep, Physical and Health Education Staff, Wellness Director, Food Services,

The Public Health Nurse and Jason Verhoosky, Wayland Cares, will be invited to sit on the committee.

Future meetings were set up for the year:

- Next meeting, Wednesday, 12/14/22 at 8:00 a.m.
- Wednesday, 2/15/23 at 8:00 a.m.
- Wednesday, 4/12/23 at 8:00 a.m.
- Wednesday, 5/17/23 at 8:00 a.m

Committee members will check updates of policy, and they will work on finding more members

Metro West Adolescent Health Survey 2021 Report for Wayland was distributed.

Scott Parseghian summarized: We are abiding by the policies and laws of the state; if not what do we have to do to grow.

We are starting over to formulate the committee

We have no health education at the elementary level.

This is a perfect time to bring in a facilitator. Scott's goal is to bring in health education to all of the elementary schools.

BJ Cataldo asked about how other districts are handling health education. Wayland has physical education once per week.

A discussion took place about less time in music; the benefit of getting kids active throughout the week; and yoga in the classroom during morning announcements

Discussion took place about the availability of grants. Comment made that grants are available in SEL.

The meeting adjourned at 9:30 a.m. by a unanimous vote of the Committee.