MINUTES OF MEETING

WAYLAND WELLNESS COMMITTEE

MEETING OF: MAY 17, 2023

Present:  Scott Parseghian, Cheryl Judd, Erin Gibbons, Taylor Gibbons, BJ Cataldo, Heather Yates, Michele Schuckel, Jason Verhoosky

Review of Minutes of 2/15/23: Motion by BJ Cataldo, Second by Heather Yates, to approve the Minutes of the February 15, 2023 meeting. The Minutes were approved by a unanimous vote of the committee.

Scott Parseghian updated the committee on the .4 position for a Wellness Teacher to start 4th and 5th grade health education next year. The position will be paid for by the

Wayland Public Schools Foundation. Applicants are being reviewed.. Scott knows a potential candidate, but the position would need to be benefits eligible. He spoke with the elementary principals to see if any money could be found in the budget.

Parry Graham said it is difficult to offer benefits because it is funded by the Wayland Public Schools Foundation. There are two other potential candidates in addition to the candidate Scott is talking to. BJ Cataldo suggested finding a federal grant to fund the position. Scott is looking for $50K and benefits

Food Services Update: A discussion took place on the need to complete an assessment of the district’s Wellness Policy. A suggestion was made to “borrow” other people’s policies to take a look.

It was suggested that awareness be broadened on the Wellness Policy to ensure it is being enforced at all levels.

Suggestions: (1) The Wellness Policy should be included in the handbooks.

(2) Presentation at School Committee Meeting

Heather Yates’ update: The Town was approved for Narcan, which will be fully subsidized by the state. The hope is that policies will be changed for holding Narcan.  The Good Samaritan Law will protect you in administering Narcan.

There’s a Bill trying to decrease Postural Screenings.

We are enrolled in a study about Substance Abuse Screening. It would be focused around 10th grade students

Michele Schuckel got approved for several grants.

BJ Cataldo said her goal is to have a SEL proposal for elementary and it would move up through the grades.

8th grade came from DC.  Some of the medication practices at the Middle School didn’t meet the requirements, and they had to be changed.  Overnight fieldtrips need to be looked at with the Middle School administration. They will have to look at how to keep the kids safe. Some peer districts are sending 3 to 4 nurses on overnight trips.

Work is being done with Caroline Han to bring the nursing program up to speed.

Jason Verhoosky’s Update:

Opioid Settlement Funds - request for 5K to 10K to help with the Wellness Program. Hopefully, 10K will be available.

A full time Community Outreach Specialist hopefully will be hired to work directly with the Police Department and other departments to provide support.

Speakers are being sought to come into the community.

Purchasing boxes installed in schools and public buildings to hold Narcan. They will be regularly checked and refilled.

They are working with Hopkinton and Holliston to join a group focused on alcohol, cannabis and nicotine programs.

A new clinician should be coming on board.  An offer was made, and hopefully she accepts.

Jason and Scott will be working on the Metrowest Health and Wellness Survey. The administration of the survey will be taking place next fall.

The next meeting of the Wellness Committee will be held on Wednesday, October 4, 2023 from 8:00 a.m. to 9:30 a.m. at the High School.

The meeting adjourned by a unanimous vote of the committee.

Cheryl Judd

Approved: 11/29/23