



## Health and Wellbeing BOE Advisory Committee

Meeting Minutes: Wednesday, April 27th, 2023, 4:30 PM

Meeting Called to Order at 4:30 pm

### Welcome

Dr. Mark Schmidt welcomed everyone, then introduced Carla Tretiak, the BV Employee Wellbeing Coordinator. Dr. Jennifer Spencer joined the meeting as the Director of HR-Benefits.

### Supporting BV Staff Mental and Physical Health

Carla Tretiak shared information about how the district is helping with the mental and physical health of all BV staff. She talked about the well-being of each person, how a mentally and physically healthy person benefits the district as a whole. Some of the opportunities are:

Physical fitness offerings: Weekly yoga, Self-defense classes, walking groups, fitness room at DO, free personal training, weekly fitness classes, and others.

Mental health offerings: Mental Health First Aid, Mindful Minutes, Brain breaks, Lunch and Learn and afternoon snacks, professional development, among other opportunities.

Carla walked us through a couple of activities we can do at our desks and in our chairs anytime to help relieve stress.

### Review of year/suggested topics for next year

Suggestions:

Have question and answer sessions after shared topics.

- How can we help students more with mental health before they have major health issues. There was a discussion around the following topics: Screen time, lack of family connection, too much pressure on students with technology, to achieve when it is a detriment to enjoying life. Diet is a big problem for all people, lack of eating “real” food.
- Explore more traditional schools, less technology, more actual writing on paper.
- More student panels next year with all grade levels.
- Have the athletic director come and share what opportunities are available for student who are not very athletic, but still want sports opportunities.
- Would like to hear from classroom teachers.

### Open Forum

Thank you to those finishing a H&W term. – Mark Schmidt

- Dawn Greer – End of 1<sup>st</sup> Term (eligible to reapply)
- Lindsay Weiss – End of 2<sup>nd</sup> Term (thank you!)
- Andrew Van Der Laan – End of 2<sup>nd</sup> Term (thank you!)
- Renee Bartholome – End of 2<sup>nd</sup> Term (thank you!)

Meeting concluded at 6:00 pm

Next Meeting: **Wednesday, September 13<sup>th</sup>, 4:30pm**  
**Board of Education Room at District Office**