

CPS Wellness Committee 2025-2026

Meeting Date: 1/20/26

Members Present: Kim Jodoin, Sharon Jones, Crispin Fresco-Hawes, Leela Paul, Miranda Marriott, Megan Linevitch, Bill Kolodziej

Discussion focused on staff PD day. Jessica Williamson has volunteered to bring a short presentation/activity on mindfulness/wellness to one of our PD days but won't be able to coordinate with any of the days left for this school year, will look at next school year's schedule. Leela Pahl to look into some people she may know. Kim to send email to CPS staff to gauge interest in any activity.

Next meeting: April 21, 2026 BMS conference room

Meeting Date: October 14, 2025

Members Present: Seth Danner, Sharon Jones, Crispin Fresco-Hawes, Tom O'Connor, Leela Paul, Meghan Burnett, Megan Linevitch, Dr. Bitgood

WellSat Triennial Assessment

- Results reviewed by committee, Seth to bring results to admin meeting

Plan for this school year

- Wellness committee will work with safe school climate committee for wellness initiatives, we should have the results of the safe school survey by our next meeting in December
- Different ideas were discussed regarding a staff wellness afternoon during one of our PD days, possibly in March, suggestion of looking into community members who can provide services during this time
- Various ideas discussed for future wellness activities for students, for a wellness day or week
- Discussion regarding the quality of food served in the cafeteria, perhaps sending a survey home, Tom shared that we participate in a Farm to Table grant, for example we get apples from a local orchard and beef locally

Next meeting Tuesday, December 9, 2025

Meeting cancelled - Rescheduled to 1/20/26