

**EAST WINDSOR WELLNESS COMMITTEE
EAST WINDSOR, CONNECTICUT**

June 2026 Wellness Committee Meeting

Thursday, June 11 · 1:00 – 2:00pm

Time zone: America/New_York

Google Meet joining info

Video call link: <https://meet.google.com/caj-kftj-exc>

Or dial: (US) +1 707-559-8848 PIN: 351 149 003#

Agenda June 11, 2026

I. CALL THE MEETING TO ORDER

Meeting called to order at 1:05

II. WELCOME/INTRODUCTIONS

III. ATTENDANCE

- Paula Feyerharm, RN Healthcare Coordinator,
- Cheryl Gustafson Safe School Climate & Equity Director
- Stephanie Fay Nutrition Services
- Natalie Quinn (parent/staff BBES)
- Joe Buck (parent EWMS)
- Kiersten Walker, RN (parent/staff EWMS)
- Kyle MacDonald (parent/staff EWMS)
- Sharon Whalen, (parent/staff EWHS)
- Madison Lockwood (PE and Health Teacher, EWMS)
- Student Representation-
- Betsy LeBorious School Board Representation
- OTHERS IN ATTENDANCE: _____

IV. Review and Approval of Last meeting minutes (No minutes to review)

V. NEW AGENDA ITEMS:

- Appoint volunteer for minute recorder /will not use AI minutes;recorder will provide summary- Paula will share Agenda with recorder and the minutes can follow agenda.
- Review of current [district policy](#)- send to Dr. Tudryn if we want to make changes, Superintendent presents to Board of Education and new policy can be implemented
- Student Form- decide how the students are best represented on this committee (form/ student representative/survey/ etc)
- Goal Setting for 2026/2027
- Posted Agenda, Google Meet, and Minutes 4x year - TBD today

VI. Next meetings: (Hybrid) Held at EWMS room M1 and virtually Google Meet

August December February June

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VII. MINUTES- Meeting Minutes and Attendance Recorded By: Cheryl Gustafson

ATTENDANCE

- Paula Feyerharm, RN Healthcare Coordinator,
- Cheryl Gustafson Safe School Climate & Equity Director
- Stephanie Fay Nutrition Services
- Natalie Quinn (parent/staff BBES)
- Joe Buck (parent EWMS)
- Kiersten Walker, RN (parent/staff EWMS)
- Kyle MacDonald (parent/staff EWMS)
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- Madison Lockwood (PE and Health Teacher, EWMS)
- Student Representation-
- Betsy LeBorious School Board Representation
- OTHERS IN ATTENDANCE: _____

Meeting Called to Order at 1:05

Introductions

Purpose of Wellness Committee

Paula explained the purpose of the Wellness Committee and referred to the BOE Policy and state statutes that require this group convene.

- Appoint volunteer for minute recorder /will not use AI minutes;recorder will provide summary- Paula will share Agenda with recorder and the minutes can follow agenda.**

Cheryl Gustafson; Kiersten Walker were selected to serve as recorders.

- Review of current [district policy](#)- send to Dr. Tudryn if we want to make changes, Superintendent presents to Board of Education and new policy can be implemented**

District policy - Wellness 5300

PF explained that any changes to this wellness policy would be referred to Dr Tudryn who would take these to the BOE for review and approval

- Student Form- decide how the students are best represented on this committee (form/ student representative/survey/ etc)**

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Middle school students might be able to attend this meeting in person, given that we are in the building.

Paula asked for suggestions for how to gather student voice: Some suggestions:

- Put flyers out
- Suggestion box / Talk box in the cafeteria
- Consider starting a Wellness Club
- Leverage existing clubs and student groups ie. HS - Safe School Leaders, MS - Student Council,
- Consider holding a lunch bunch at the elementary and middle school.
- Advisory groups - gather student feedback

To gather parent voices, could add a suggestion form to add to the website.

Goal Setting for 2026/2027

- Implement some practices to gather student voice at all levels; identify a school liaison to be able to report to the wellness committee. Paula and Stefanie will create a Google Form to add to the website as well as each cafeteria will have a hard copy of the form which could be filled out at school. Kyle will work with Mr. Kaplan at EWHS to have 3 suggestion boxes made which can be used to collect hard copy forms.

- Establish local partnerships to promote wellness activities – YMCA, the Bubble

- Committee members will review existing BOE policy and make recommendations for any needed updates by December 2026.

- Develop a couple of Safety and Wellness related questions to add to the survey
 - Food question - How much food do you eat each meal at school? (All, $\frac{3}{4}$, $\frac{1}{2}$, $\frac{1}{4}$ 0), If you are not eating 100% of your food, why? (Give some options, I eat a special diet, etc.)

 - Physical activity - How much physical activity (on average) do you get during a school day - during school and before and after school? <1 hr, 1 hr, 2 hrs, >3 hrs What activities do you participate in at school that promote physical activity? (Checkbox / all that apply and other)

Posted Agenda, Google Meet, and Minutes 4x year

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Paula will connect with Darryl regarding the August meeting date and time; she will put Google Invites out.

August December February June

Meeting adjourned at 1:50 p.m.