

MEETING MINUTES

EDGARTOWN WELLNESS COMMITTEE

January 16, 2025

ATTENDEES

Kate Curelli, Debbie Debettencourt, Gina Debettencourt, Lori Ford, Megan McDonald, Sarah Vail

STUDENT ADVISORS

John Curelli, Colby Greene

New Business

- The American Heart Association changed the name of Jump Rope for Heart to Kid's Heart Challenge. It takes place in February with the goal to prepare kids for success by supporting their physical and mental well-being. It will be run by Megan McDonald and Derek Chrebet in the gym this month.
- We have gained some new members! Lori Ford- guidance counselor and our new team of student advisors: John Curelli and Colby Greene who offered great critiques and suggestions for our upcoming school "challenges and competitions".
- Kate Curelli recently became certified as a CPR instructor. 6 staff members are now certified in CPR, AED, and first aid. More classes will be offered throughout the school year. Dates TBD
- A monthly newsletter will be sent to staff with health tips, things to do on the island that month, and a healthy recipe. The February newsletter was given out at the meeting and it will be distributed pending approval of the team members

Promoting Wellness

- **Get Fit For February Challenge!** Goal: To promote exercise through healthy competition. Amity Running Club will sponsor our upcoming February Challenge. Students are encouraged to do at least 20 minutes of exercise every day. The more minutes done, the closer the class gets to earning a prize.

- **Rules:**
- Recess does not count. The exercise must be done before or after school.
- The competition will be divided into groups: K-2, 3-5, and 6-8
- The challenge will start on February 1st and the winner will be announced at the community meeting before break



GET FIT IN FEB!

* Challenge other classes in your hallway earn the title of "The Fittest Class in February" *

Start Date : **February 1st**
 End Date : **The winner will be announced on February 21st (the day before break)**

Rules:

- ◆ Recess does not count!
- ◆ Minimum of 20 minutes of exercise per day. The longer you exercise the more points your class will earn!
- ◆ Record your minutes daily on your sheet or graph in your homeroom.

Prizes provided by
Amity Island Running Club

Categories:
 K-2nd grade
 3-5th grade
 6-8th grade



FICA FIT EM FEV!

Desafie outras salas no seu corredor a ganharem o titulo de sala de aula mais Fitntnes em fevereiro

Data Inicial : **Dia 1 de Fevereiro**
 Data Final : **O ganhador vai ser anunciado no dia 21 de Fevereiro (Um dia antes das férias)**

Regras:

- ◆ Recreio não conta!
- ◆ No mínimo 20 minutos de exercício por dia. Quanto mais tempo se exercitar, mais pontos a sua sala irá receber!
- ◆ Registre os seus minutos diariamente no seu papel, ou gráfico na sua sala de aula.

Premios providenciados
 pelo Clube de corrida da ilha
 (Amity Island Running Club)

Categorias:
 Séries Kº-2º
 Séries 3º-5º
 Séries 6º-8º

To Do:

- Megan McDonald is applying for a PTA mini grant to get 2 walking pads for the gym
- March challenge: water drinking challenge for staff only. We can use runsignup to enter the data.
- Set a date for bike to school
- Megan McDonald is looking into the “bus bike” and how we can incorporate a similar idea in Edgartown
- A “turn off electronics” challenge was briefly discussed. Will continue to brainstorm at the next meeting
- To Do: [Schedule next Wellness Meeting](#)