



Wellness/Safety Team Minutes November 8, 2022

Call to order by Diana Caiazza, Principal @ 1:32 p.m.

I. Roll Call of Members

Mary Ann Jenkins	Present	Mary Kosek	Present
Leonard Rich	Present	Diana Caiazza	Present
George Dudich	Present	Morgan Lynch	Present
Justin Simon	Present	Alexis Clingensmith	Present
Jason Williams	Present	Nancy Kolodziej	Present

II. Visitors/Speakers

III. Review JOC Policy 246 - School Wellness (attached)

The committee reviewed the policy and did not have any recommended changes to the Policy for JOC approval

IV. Recommended Actions to enhance School Wellness

As the committee reviewed the policy, we highlighted activities and programs that are working and areas where we may be able to implement more activities. Since the LCCTC is half academic and half technical learning (shop), many of the students during their shop time are hands-on learning which means that there is physical and mental exercise. In addition, the teachers at the LCCTC are vested in the physical, educational and emotional growth of their students. Many of these teachers have established clubs to assist students to become motivated and build self confidence while having fun with their peers. Some of the clubs include Archery, the Sports Club, the Walking Club, and the Body, Spirit and Mind club. The LCCTC recently installed a new gym floor that has given a positive energy to both students and staff at the school and has proved to be motivational in increasing physical activity.

During the committee meeting, it was brought up that a few of the teachers would like to have the weight room open after school for the students. Mr. Rich agreed this would be a great addition to the activities already offered to our students and delegated the task to a couple of the teachers. The goal is to have it open by December 1st in order to provide students with an additional opportunity

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during the winter months. The LCCTC also has social media accounts that highlight students that participate in sports/activities at their home school.

Nutritional education is presented to the students in a variety of ways. The physical education teacher provides basic nutritional education during many classes. Some of the shops reinforce this education during on-hands learning activities. The School Nurse publishes columns in the school newsletter nutritional facts and tips for the students and staff.

V. Recommended changes/additions/deletions for JOC approval of Policy 246

No changes to the policy but the committee is looking at ways to increase the activities and education to enhance the goals of the policy.

Adjournment. 2:30 pm