

**MIDDLETOWN BOARD OF EDUCATION  
CURRICULUM COMMITTEE**

**December 5, 2024**

**Zoom**

**5:30 PM**

<b><u>Board of Education (BOE)</u></b> <b><u>Committee Members Present</u></b> Debra Guss, Committee Chair Liz Crooks, Committee member Adam Hayn, Committee member Harold Panciera, BOE member	<b><u>Also Present</u></b> Dr. Stacey McCann, Assistant Superintendent of Teaching and Learning Megan Hanly, Steam Director K-12 Scot Peaslee, Steam Department Head (6-12) DeLita Rose-Daniels, Community member Gisella Gandulla, Community member
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1. **Call to order and Introductions**: Committee Chair Debra Guss called the meeting to order at 5:37 p.m. and introductions were made.
2. **Proposed Course “The Psychology of Wellness”**: Mr. Peaslee then provided an overview of a proposed new half-year Psychology elective course for Middletown High School (“MHS”) 11<sup>th</sup> and 12<sup>th</sup> grade students, highlighting that the course is designed to help students better manage current psychological challenges as they prepare to graduate from MHS and will examine the link between body & mind to determine ways to improve wellbeing through actions based on scientific research. Mr. Peaslee then reviewed the potential units of study in more detail. A discussion followed, including, among other things, the importance of incorporating culturally relevant content into the class, how best to ensure a diverse group of students are encouraged to take the class and the timeline for introducing the class. The Committee members expressed their support for the new course.
3. **Adjournment**: Committee Chair Debra Guss then adjourned the meeting at 6:14 p.m.