

## District Wellness Committee Meeting

April 7, 2021, 3:00-3:30/ Zoom

### Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)  
Stephanie Antonio (MS/HS Nurse)  
Mel Cerra (MS Counselor)  
Adam Bullock (CCE)  
Jen Peeso (SOAR, Parent)  
Adrien Miccio (FLCH)

Jessica Orchard (FCSFL, Student Wellness)  
Jessica Kouzan (CCE-CATCH)  
Amy Bullard (SOAR)  
Lillian Urrutia (FLCH)  
Laura Bliss (HS Counselor)  
Sandi Bastedo (CCE)

### Program Updates:

#### Staff Wellness

- April's Big Challenge- Water! Staff were given C-S water bottles and a tracking sheet
- April is "Stress Awareness Month" and "Pets are Awesome Month" –Padlet challenge with staff's pets and a funny caption

#### Student Wellness Group

- Helped with Easter Event through SOAR
- Planning for Positive Post-its for staff

#### CATCH

- **Middle School:**
  - Lesson #5 will be put in the 6-8 FLEX Classrooms this month
  - New MVP's will be chosen at the end of this month as well
- **Elementary School:**
  - 32 students nominated for MVP the month of March
  - Planning a few fun events/activities for the Springtime:
    - Virtual Field Trip "Where does our food come from?" → Students will have the opportunity to explore where our food comes from by using a self-guided map of NY to explore videos and articles.
    - Healthy Eating "Soaring through the Rainbow" → Designed a sheet that has an eagle and a rainbow. Students will mark off each time they taste a food for each color of the rainbow. When their sheet is complete they will have their sheet displayed in the school.
    - Also working with Amy Bullard (SOAR) to see if they could give out tickets for a free fruit or veggie at a local farmers market or farm stand and/or a healthy option at local eateries in Clyde and Savannah.
  - Since many students depend on the healthy meals provided by the food services department, Donna R. and Sarah M. are working to provide the colorful foods (ROYGBIV) in school breakfasts and lunches, so all students have an opportunity to participate - meeting soon to see if they can incorporate this into Wayne Wednesdays
  - Culture of literacy → Sarah M. reached out to Courtney Marr to see if they could have books pulled that are about healthy foods, farming, and exercise. These books could be available in all classrooms and rotate (with a quarantine in between) so all kids can have access to these books and lessons.

### **Cornell Cooperative Extension (CCE)**

- Farming books and ice cream making kits were sent to 2<sup>nd</sup> grade classrooms

### **SOAR**

- Event information will be disseminated on school website and social media accounts

### **FLCH**

- Event information will be disseminated on school website and social media accounts

### **Other DWC Business**

- None currently

### **III. Areas for Need/Focus for Next Meeting**

- Continue to think of staff/student/community wellness initiatives

### **IV. Next Steps**

- Disseminate local/community event out on social media/school's website

**\*Next Meeting: May 5th - 3:00 Zoom**