

District Wellness Committee Meeting  
**September 10, 2020 3:00-3:45/ Zoom**

**Attendance:**

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)  
Rachael Hawver (Elem. Teacher)  
Amy Bullard (SOAR)  
Adam Bullock (CCE-SNAP Ed)  
HS Students ( Madison P, Marsala C, Quillan S.)  
Sarah Marchitell (MTSS Coord./ Elem CATCH Champion)  
Jessica Orchard (DELPHI)

Brooke Hartpence (Elem. Teacher)  
Kris King (MS/HS Teacher)  
Melanie Cerra (MS Counselor)  
MK Lauster (Parent)  
Tracey Clark (Excellus)  
Jessica Kouzan (CCE-CATCH)  
Larry Lang (AD/VP)

**Program Updates:**

**Staff Wellness**

- All staff were given a “Back to School” gift through DWC (an eagle stress ball)
- Staff will be given an SEL Screener later this month to assess their mental/emotional health
- The DWC is partnering with the CSFA to host a “Yoga and Brews” class on 9/26 (rescheduled from March)
- Upcoming challenge ideas: bingo, walking challenge, water challenge
- New incentive ideas: standing desks, massagers, foot baths
- Still working to try and get all staff access to Beach Body on Demand
- Mel Cerra and Kristen Seyfried will be offering the LIFT Program to staff starting next month (\$100 value for free -with the \$ going to a charity of the participants’ choice- and a GC incentive for completing the course)

**CATCH**

- MS CATCH lessons have been scheduled into all FLEX Classes
- MS CATCH Bulletin Board is being made (“CATCH us being Healthy” cards will be given to staff next week for the board)
- Sarah Marchitell (Elementary CATCH Champion) will explain the program to her staff and will work on getting the lessons scheduled into teaching blocks
- Kristen Seyfried will make sure the September CATCH newsletter is disseminated to families through social media outlets

**Student Wellness Group**

- Helping with the SOAR Halloween event
- Suicide Prevention Month: will make flyers to put around school
- Want to leave positive post-it notes for staff

**SOAR**

- October 22<sup>nd</sup> is the planning meeting for the Haunted Trails Halloween Event (Student Wellness Group is volunteering with this)
- Looking into helping create an after-school art program for HS students (many electives were removed from the schedule due to COVID)

**Cornell Cooperative- SNAP-ED**

- Offering Nutrition Lesson with the Power Up Curriculum to HS students through the 21<sup>st</sup> Century Program

## **Policy**

- Policy is being updated with the help of WellSAT data
- A user-friendly Policy Summary is being created (will be disseminated to all staff/families)

## **Other DWC Business**

- None at this time

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

- Wellness Policy Updates
- Wellness Incentives for staff

## **IV. Next Steps**

- Kristen Seyfried and Larry Lang will try to work on getting Beach Body On Demand for staff
- Kristen Seyfried will finalize potential changes to the policy and meet with Michael Hayden to go over the changes.
- Kristen Seyfried and Melanie Cerra will advertise the LIFT Program to staff
- Amy Bullard will get more information about a potential after-school art program.

**\*Next Meeting: October 7<sup>th</sup> 3:00 Zoom**