

District Wellness Committee Meeting

October 2nd, 2019 3:15-4:00/ B222

Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)

Larry Lang (CS Athletic Director)

Laura Masisak (Cornell Cooperative)

Heather Bachman (GV Boces)

Melanie Cerra (MS Counselor)

Abigail Phillips (Cornell Cooperative Intern)

Amy Bullard (SOAR)

Program Updates:

Staff Wellness: We are in week 3 of the 4-week BINGO Challenge and it is very well received by staff. A telemedicine sign-up incentive will go out later this month and No-Shave November and a staff “thankful” gift is being planned for November.

CATCH:

MS: CATCH Kick-Off was today. Cornell Cooperative had a tasting in the lunchroom, the CATCH MVP Board is up, Theme 1 was taught in some classrooms (to be taught this week/next week in the other classes) and CATCH weekly announcements began. The MS students will be participating in a “Harvest Hike” with the elementary school on October 25th to coincide with “National Apple Crunch Day”. Students will walk/jog around the track and then receive an apple for a healthy snack after. Apples are being provided by food services.

Elementary: Sarah Marchitell began the CATCH meetings at the elementary school. They created the idea for the “Harvest Hike” and planned the event.

Creating Healthy Schools and Communities: It appears that we will be able to get the grant again this year and that it may be for \$15-18,000. Larry Lang and Kristen Seyfried will discuss potential programs and ideas for the grant money. We need to complete a post Building Assessment Tool for all three buildings and Larry Lang will work on getting that information.

District Wellness Policy: Our policy is up for renewal in 2022, so we are going to slowly start examining different components of our Wellness Policy with the help of the School Health Index. We can use the SHI information to help guide any revisions/corrections we want to make to the policy once it is up for renewal. The first Module we will look at is Physical Education and Physical Activity Programs (Module 3). A scorecard was created and will be sent to students and staff to complete.

FoodLink Backpack Program: Joe DeWolf and Kristen Seyfried are working on getting a Backpack Program in place for students. This is an alternative to the “Blessings in a Backpack” (too expensive) and a community food pantry (already exist in the community), which will provide students, who might not otherwise have it, access to food at home.

Next Steps:

- Kristen Seyfried will send the Module 3 Scorecard to Melanie Cerra to place it on all the FLEX Playlists in MS/HS and Larry Lang will send the Module 3 SSI Scorecard to PE Teachers/coaches at the Elementary School
- Larry Lang and Kristen Seyfried will complete the post Assessment Tool and look at grant money possibilities
- Kristen Seyfried will continue to work with Joe DeWolf to get the FoodLink Backpack Program up and running

***Next Meeting: November 6th, 2019 Location: B218 (MS/HS Building)**