

District Wellness Committee Meeting

November 6, 2019 3:15-4:00/ B218

Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)
Laura Masisak (Cornell Cooperative)
Melanie Cerra (MS Counselor)
Amy Bullard (SOAR)
Meagan Bechard (Teacher)

Larry Lang (CS Athletic Director)
Sandi Bastedo (SOAR)
Kirk Cavalier (Fidelis)
Barry Germinara (Teacher)

Program Updates:

Staff Wellness: No-Shave November began and staff “thankful” gifts have been purchased. Renee Shimp, massage therapist, is scheduled to come to the MS/HS on 12/4 and the Elementary on 12/5. Biometric Screenings will occur at the Elementary School on 12/2 and at the MS/HS on 12/9. Wayne County Health completed the flu shot clinic and we had 27 staff participate. A sub-committee will be formed to help plan the “Staff Wellness Day” on May 13.

CATCH:

MS: Students and staff are being encouraged to participate in the “It’s a Wonderful Run” 5k on 12/14 in Seneca Falls. 21st Century is paying for transportation and students’ registration. An after-school 5k training program through 21st Century began this week and will be held every Tuesday/Thursday until the race.

Elementary: No updates

Creating Healthy Schools and Communities: We have received a \$15,000 grant and discussed possible ways to use the money. We will be looking at the cost of refillable water bottle drinking fountains, as well as Dance Dance Revolution (DDR) for PE and after-school programs.

Community Carnival: Due to construction and delays in the Capital Improvement Project, we will postpone planning the Community Carnival. Initially, we hoped to have the carnival in the spring; however, we are now looking at having it in September or October as a “New School Year Kick-Off”. This will depend upon the construction and completion date of the project.

District Wellness Policy: The SHI Scorecard for Physical Education and Physical Activity Programs (Module 3) will be sent to students and staff to complete early next month.

SOAR: The high school will be doing a community service event on 12/20, working with various community agencies and completing volunteer work. We are also hoping to get the school involved in the “Hometown Holiday Happenings” this year (November 30). We would like to decorate the school in holiday lights and the community needs help decorating the Block House. We will be reaching out to NJHS, NHS and the new “Wellness Group” to see if they would like to participate and help with this event.

Next Steps:

- Kristen Seyfried will reach out to NJHS, NHS and the Wellness Group to gauge interest in participating in “Holiday Happenings”
- Larry Lang and Kristen Seyfried will look at grant money possibilities
- 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 (December)

***Next Meeting: December 4, 2019 Location: B218 (MS/HS Building)**