

District Wellness Committee Meeting
September 4th, 2019 3:15-4:00/ B218

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)
Meagan Bechard (HS Teacher)

Program Updates:

Staff Wellness: Staff received “welcome back” gifts; We will be starting a 4 week bingo challenge the week of the 16th; We are interested in doing the Laurel House 5K again next year as our staff 5k run but will see if other 5ks interest more people

Staff Wellness Day: We have May 13th scheduled for staff wellness. Some ideas we have so far are: U of R (2 free workshops – Decoding Stress, Deskercise), Massages with Renee Shimp (she is confirmed for that date), Massage Workshop with Mindful Meditation, Yoga (Mel Cerra may have a contact for this), Acupuncture, Kickboxing and/or self-defense (Kristin Viscardi is contacting a person regarding this), Cooking demo/abling (Cornell Cooperative), Hand Drumming (Hayden), Sweet Pea for lunch, Reiki information/sessions (Mel Cerra has a contact for this), Chiropractic information session (Mel Cerra has a contact for this)

Community Carnival: The tentative time frame for the event is end of May/early June and it will occur at the Elementary School. We are deciding between a Friday afternoon or a Saturday for the event. NJHS will help with the event as needed (face painting, food, operating booths, etc.). Food was an issue in the past so we will look at food trucks (Effortlessly Healthy, Ice Cream, Smoothies, etc). We will have local community businesses set up booths to advertise their businesses and products. Once we have a date we will start contacting businesses.

CATCH: The first CATCH MS meeting was earlier today. Kickoff for CATCH will be on 10/2 and will include teaching Theme I, CATCH Announcements starting back up and a taste test during lunch done by Cornell Cooperative. Kristen Seyfried (MS CATCH Champion) sent an e-mail to Sarah Marchitell (Elementary Champion) to see if they need any help starting the implementation of the CATCH Program at the elementary this year.

Creating Healthy Schools Grant: September 30th of 2020 will be the last year of the Healthy Communities Grant. They are unsure if they will be renewed or if the program will continue. We will start thinking about sustainable resources for the grant for next year.

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 will be sent to various stakeholders to get their input on the current physical education and activity programs and the results will be used to help create recommendations.

Next Steps:

- Kristen Seyfried will create a scorecard for Module 3 to be sent to stakeholders → Larry Lang will help disseminate this to PE teachers and coaches
- Kristen Seyfried will contact businesses and agencies about the Staff Wellness Day
- Work with SOAR to help identify a good day/time to have the Community Carnival

***Next Meeting: October 2nd, 2019 Location: B218 (MS/HS Building)**