

District Wellness Committee Meeting

January 15, 2020 3:15-4:00/ B218

Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)
Amy Bullard (SOAR)
Emma Kett (CCE)
Patricia Hall (FL Comm. Health)
HS Students (Quillan S, Madison S, Marsala Q, Emma V, Madison B)

Jacque Jantzen (Elem. PE Teacher)
Laura Masisak (CCE)
Melanie Cerra (MS Counselor)
Jessica Orchard (Delphi)

Program Updates:

Staff Wellness

- 10 day plant-based challenge has begun and 28 staff are participating
- Staff continue to get “Wednesday Wellness” e-mails every week to keep health/wellness in the forefront of their minds
- Kristen Seyfried (DWC Coordinator) has begun scheduling the staff wellness day on May 13th. She will need to meet with Superintendent Hayden and other staff to finalize the tentative schedule before a final schedule can be created.

Creating Healthy Schools and Communities:

- We should receive the \$15,000 from our sub award application within the next two weeks and will be purchasing refillable water bottle fountains and a new treadmill for the Weight Room.
- The application for the next round of funding has been released but GV Boces will not be applying to serve the Clyde-Savannah CSD. Heather Bachman will let us know if there is an organization that is applying to serve the C-S area but she will be continuing to work with the district until 9/30/2020

CATCH

- MS → Continuing CATCH MVPs, the Wednesday Wellness Tip of the Week is being done and the themes are being taught. Hoping to collaborate with the elementary school on a CATCH-Themed event in the spring.
- Elementary → Looking for a new CATCH Champion since Sara Marchitell is now at the MS/HS as an administrative intern. Kristen Seyfried (CATCH Champion at MS/ DWC Coordinator) will collaborate with Sara to find a new CATCH Champion.

SOAR

- Want to do a fitness/nutrition challenge (includes a cup of water challenge a day component) and have more staff/students participate - SOAR can offer prizes for students and DWC can offer GC prizes for staff. We would like to advertise this in Forum if possible and maybe incorporate it into FLEX at MS/HS (FLEX teachers can keep a tracking sheet for each student). At the elementary, the teachers could have the papers for their classes. We would also like to advertise this to parents to get families involved and Gina Duffy, Jen Kelly and Katy Lumb could put it out on social media.
- Midtown Apartments, with SOAR, is hosting a community dinner on 2/12. They will work with the Student Wellness Group, who will volunteer at the event.

Creating Healthy Schools Grant (GV Boces)

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Student Wellness Group

- A new student wellness group has formed this year and is advised by Jessica Orchard (Delphi). They focus primarily on mental health, however they do try to educate and get the word out about other health initiatives as well (ex. They created alcohol awareness posters during alcohol awareness month).
- They are working with NJHS for the upcoming “Random Acts of Kindness Week” and want to plan a community volunteer day in spring.
- They are in need of student prizes for challenges they will offer for students to complete, and SOAR may be able to help them with this. They will also be working with SOAR to help provide volunteers for events in the community.

Other Community Programs

- Erin Church has a new title, “Community Coordinator”, and is pending approval to start a food cupboard at the Elementary School. She will be working with St. Joseph’s The Worker Parish (Catholic Church in Clyde) who has a food pantry and hopes to provide backpacks of food to students and food for families and students in need. She will be working with Kristen Seyfried (DWC Coordinator) and Joe DeWolf (School Social Worker) on this and Melanie Cerra (MS Counselor/ NJHS Advisor) offered NJHS students’ help with this project once started.
- CCE has a Farm to School Program and they have a grant to do activities in schools to help students explore where their food is coming from, and more about the food they are eating. We will connect her with staff who we feel would be able to utilize her services both in the classroom and during after-school activities.

Other DWC Business

- SBI Module 3 is ready for review and will be sent out once approved
- Trying to get more parent/community involvement in the DWC – a graphic was produced and disseminated on social media calling for new participants. We would like to send out a call to parents to encourage participation as well, and perhaps send flyers home with elementary students.
- Melanie Cerra brought up a “Young Gentleman’s Club” for boy’s mentoring at the school. There is a similar program in Newark and thinks this would be beneficial at C-S. She will reach out to Jay Roscoe who helped organize the program in Newark.

Next Steps:

- DWC Coordinator, interested staff and Superintendent Hayden will meet to discuss a schedule for the Staff Wellness Day on May 13th
- The SBI Questionnaire will be sent out to staff/FLEX groups once approved by Larry Lang (Athletic Director) and Melanie Cerra (MS Counselor)
- Contact elementary staff about becoming a CATCH Champion
- Connect Emma Katt (CCE Farm to School) with teachers in the district to do workshops, demos and classes.

***Next Meeting: February 5, 2020 3:15-4:00 Location: B218 (MS/HS Building)**