

Minutes – District Wellness Meeting 1/29/15

Present: Kristen Foote, Marion Higman, Brian Wright, Bryan Morgan, Candy Sweeney, AnneMarie Konoza, Kerry Dal, Patty Leader, Marilyn Sindone, Sue Kratochwill, Jim Goulet, Amy Byrne

Newsletter: Kristen gave each member a copy of the draft of the next newsletter to go out to staff. The committee discussed possible topics pertaining to wellness to add. Kristen will continue to work on the newsletter.

Workshops: Bryan Morgan (Dynamic Health and Fitness) discussed the idea he has developed for webinars and asked if faculty would be interested. These would be pre-recorded segments for teachers/staff to use at their convenience. Ideas were discussed, including having the staff/faculty use these after school, (some people get together to do Zumba after school on certain days, or to walk). All they would need is a computer. The goal is to have more participation in activities, but holding after-school workshops in his facility may not be the best attended. This way, each teacher/staff member could log on and use these webinars whenever they wanted to.

Bryan explained that the short webinars would be educational, as well as, a physical work-out. It was discussed linking these through the district webmaster. He could possibly have these ready by the PDC day in March, so we could announce at the PDC day and introduce these to the audience. Bryan explained his plan for starting with an introduction, and then progress with separate clips that could be built on each week. Examples are stress relief, mindfulness/awareness, nutrition, stretching, and weight loss. He would work with the staff to address any areas that are most important to them.

Bryan Morgan discussed the Free To Play Programs. (From the Gray Institute) Right now, it is currently being used in the elementary schools. It is a free, no-cost program, which positively reinforces exercise. It is similar to "Brain Break" used in the schools. It goes through all grade levels, occurring in the beginning or the middle of the day. Teachers can use at their own discretion.

Each session in Free to Play lasts about 2-3 minutes and the video clip can be brought up on the Smartboard. It involves squats, lunges, and stretches. It is designed to be easy for students to use, gets them up moving for a minute, and re-focuses them on learning. Each session is progressive, but teachers can start it at any time during the year.

Bryan, or Nick from Dynamic Fitness will come into a building faculty meeting to introduce it and get teachers on board to use it.

Wellness Policy: Kristen asked the committee members to look at the goals of the policy before the next meeting to check whether any of them need changing. A copy of the goals was provided to the committee members.

March PDC Day: Once again, the committee, with Bryan Morgan's help, along with Dynamic Fitness's staff, will conduct a "pre-PDC day event". From 7:00-7:45am, in the large gym at Baker, Bryan will run a "Rejuvenate" session open to all faculty and staff of the district. It will

Baldwinsville Central School District

Health and Wellness Newsletter

January 2015

Welcome to the New Year! We hope that you are rejuvenated and ready for winter! This newsletter will highlight winter activities, in our area, healthy practices and wellness initiatives in the District.

The Wellness Committee meets bi-monthly at 7:00am. Our purpose is to oversee the Wellness Policy and activities in our District. We are still looking for stakeholders from Reynolds and Durgee ~ if you are interested please contact Kristen Foote (kfoote@bville.org).

Beaver Lake Winter Activities ~ Awesome Fitness Options in our Backyard

Cross Country Ski:

Beaver Lake offers 7 miles of ski trails. All ski trails are rated easy with the exception of the Three Meadows Trail which is rated moderate. Trails are one way on weekends. *Please note: Beaver Lake does not rent skis, you need to bring your own.*

Snow Shoe:

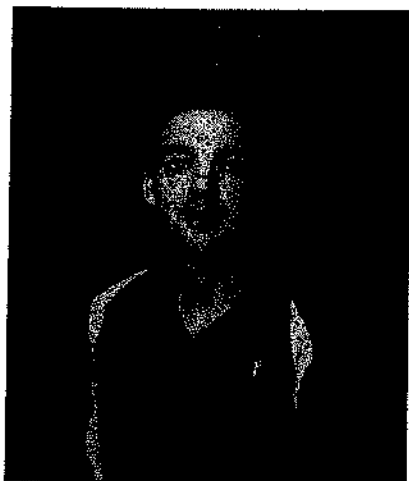
There are 3 separate snow shoe trails at Beaver Lake which offer a nice cardio challenge. You can rent snow shoes for \$5 from 9:30- 3:30 each day. Take the Try Snowshoeing clinic offered on Sundays in January & February at 12:30pm for \$5 per person. Folks with little or no snowshoe experience will especially enjoy this one-hour introduction. Registration is required beginning at 8am on the day of the clinic, call (315) 636-2519.

Night time is the right time!

Let a full moon illuminate the way during Moonlight Skiing & Snowshoeing when Beaver Lake's trails are available for use until 9 p.m. (Provided there is adequate snowcover). Thursday—Sunday, January 29-31 & Thursday—Saturday February 26-29. (Guided Tours available on 1/30 & 2/27)

The Nature Center's trails are open from 7:30 am - 5 pm, except during night skiing & snowshoeing when the Nature Center is open until 9 pm. Cost is \$4 per car.

District Wellness Members:



Send your health/
fitness questions to
Bryan @

Awaken ~ Rejuvenate ~ Relax: Workshop Series

At your request, we have created a series of workshops designed to awaken your health and vitality. These workshops are designed to help you understand the importance of your health and how to take control of it.

The first workshop is called "Awaken Your Body." This workshop is designed to help you understand the importance of your body and how to take control of it. It includes a variety of exercises and stretches that are designed to help you awaken your body and rejuvenate your mind.

The second workshop is called "Rejuvenate Your Mind." This workshop is designed to help you understand the importance of your mind and how to take control of it. It includes a variety of exercises and stretches that are designed to help you rejuvenate your mind and relax your body.

The third workshop is called "Relax Your Body." This workshop is designed to help you understand the importance of your body and how to take control of it. It includes a variety of exercises and stretches that are designed to help you relax your body and rejuvenate your mind.

If you would like more information on the workshops on Dynamic Health and Fitness, please contact Bryan @

Tracking Your Fitness Using Your iPhone

A friend recently referred me to a free iPhone app and website that provides a wealth of tools for tracking your diet and how much you eat, and how many calories you burn through activity. My fitness plan is easy to use and it has an extensive database of foods and drinks, which makes it easy to input calorie intake. Just as easy is inputting output (activity).

Creating an account is easy. Once you are logged in you will create a fitness and/or weight goal. The app even reminds the frequency of when you work and allows you to add dates which makes things more realistic.

You have some choices regarding notifications. Do you need a reminder to input your breakfast lunch or dinner? Input that and the APP WILL EAT with you and you have a link to Facebook and you can share your progress to "blog" or let your fitness friends know. This creates some camaraderie and motivation.

Importance of water