

## Minutes – District Wellness Meeting 10/25/2012

**Present:** Kristen Foote, Pat Ressigue, Chris Campolieta, Corrine Schmidt, Annemarie Kanoza, Brian Wright, Deb Thrall, Jim Goulet, Jeanna Gates, Marion Higman

**Introductions:** New committee members introduced themselves.

**Update/Recap:** Kristen shared the information from the Board presentation at the end of last year. There were positive comments from the Board on all that we accomplished district-wide. Concerns continue regarding Healthy Celebrations.

### Individual member/building reports:

**Palmer:** Pat Ressigue reported that with the increase in food allergies, it has become more difficult to have Healthy Birthday Celebrations. (ex: gluten, egg, peanut)

-Once monthly birthday celebrations continue with healthy snacks like fruit/dip, veggies/dip. May have to go to just plain fruit as allergies to dips increasing.

-Pat suggested that on the next PDC day, we offer a workshop for teacher with ideas on how to make healthy recipes, even for those with allergies. Kristen would like to survey each school to see what others are doing in their classrooms and get ideas to share.

-The Wellness Day is being planned at Palmer.

-Brian reported that there is grant money for a field trip to a dairy farm for elementary children to promote “Got Milk” campaign.

**Elden:** Annemarie Kanoza reported that there are many things in the works for the Elden Wellness Day in the spring. Many staff/student initiatives being planned.

**Ray:** Marion Higman reported on the Wellness Day held June 15, 2012. It was a whole day affair. A talent show was held in the morning with 27 student acts and a performance from a professional musician and past Baker graduate, Mike McKay. It was stressed that wellness was more than nutrition and fitness – it was also about interests, creative outlets, skills, and hobbies. The talent show was organized by Jon Bick and Mo Lepine.

Lunch was then served and students got to eat outside on the lawn. After the lunches, students got to participate in 3 thirty minute activities. There were a total of 30 different activities ranging from artistic to athletic, and both indoor and outdoor.

The day was successful and fun. Brian Wright arranged for outside vendors to come in and run some activities and all staff was involved. Our next Wellness Day at Ray will be a similar format around the same time of year.

**Baker:** Kristen reported that the Baker HS Wellness Day is being planned for the ½ PDC day in December. The students involved with the Jenna’s Mentors program are also involved in planning Wellness Activities.

**VanBuren and Durgee:** We need committee members from these respective buildings. The goal is to have all the buildings in the district represented at the district level

**Brian Wright:** Brian spoke about the new mandatory lunch guidelines enacted by Congress (Handout to all committee members)

- more fruits and vegetables

- no change in dairy

- there is now a maximum that kids are to eat a day and that creates the problem. There was always a minimum, but now with a maximum they must take a certain amount for their lunch, and no more.

Mandatory – School Meal Initiative checks us for compliance and validation. Through the SED Child Nutrition Division, all buildings in a district must qualify to be certified. If you follow guidelines and get certified, the school gets an extra 6 cents/meal from the government. (Though it is actually costing more than that to comply)

Brian and Deb Thrall are working on the menus and applications.

The new guidelines are not going over well with some students. They are not pleased with the smaller lunch sizes and different foods. Participation is down 220/day. Lunch programs in every building are all facing declines in participation.

Brian reported that it is a challenge at Durgee as there are different guidelines for 8<sup>th</sup> and 9<sup>th</sup> grade.

- 2 different lunches are being served with different foods and calories.

- 2 separate lunch lines (creates logistical problems)

The committee saw the new sub roll that will be used to comply with guidelines. We also have to come up different sizes of burgers and breads to come up to par with guidelines.

**Deb Thrall:** (Boces Dietician) On November 8<sup>th</sup>, is beginning staff programs for wellness. Kristen arranged for Deb to speak to the Baker HS staff and kick-off the “Passport to Holiday Health” program. It is a 6 week program integrating food samples and activities to increase staff and student wellness. More will be reported at next meeting.

**Kristen Foote:** discussed the staff program of “Move More, Eat Less” campaign we participated in last year. We will do it again this year.

Kristen also shared with the committee a National Wellness initiative called “Healthy Monday”. The committee received pamphlet and the S.U. website promoting the program. Members were asked to preview before next meeting. This is something we may want to implement next year.

Kristen reported on the BMI regulations and the program to measure students throughout the district.

At the conclusion of the meeting, there was a suggestion that we enlist HS students who have dealt with concussions to talk to middle school students on concussion management.

**Meeting was adjourned at 8:10am. Next meeting is scheduled for 11/29 at 7:00am.**

## Minutes – District Wellness Meeting 11/29/12

**Present:** Kristen Foote, Brian Wright, Marion Higman, Jim Goulet, Amy Byrne, Deb Thrall, Brian Morgan, Annemarie Kanoza, Pam Hartsell

### Reports:

**Kristen Foote** explained the “Passport to Holiday Health” program she started at Baker High School. There are about 10 staff involved now, but we are hoping word will spread and more will get involved with the Healthy Living Challenge.

-The Passport to Holiday Health program involves staff using a booklet to complete and record weekly measurements and tasks, engage in some relaxation and meditation, monitor blood pressure and sample healthy foods. The program runs for 7 weeks and all who complete will win a prize. Deb Thrall kicked it off, explaining to staff the 10 steps to a healthy heart, healthy foods and offered recipes. She will also monitor staff's progress.

**Ideas** were explored on how to get more staff involved in healthy challenges/wellness.

- combine with a fundraiser
- have a kickoff during PDC days
- have Deb Thrall speak to staff and get them interested
- start a Healthy Monday Campaign

**Deb Thrall** will be going into the HS Health classes to speak about current food trends.

The committee discussed the **Healthy Monday Campaign**. This is a program that uses Monday as the day of the week to start and sustain healthier habits. More discussion will follow.

Much discussion centered on a program of Wellness, or a **Recovery Day**, proposed for staff. The committee felt it would like to “give back” to the staff in some way. Suggestions were made to combine the program with a type of fundraiser for a family or individual in need. (All who participate could donate to the cause.)

- The committee is looking at a Saturday, possibly mid-winter, for 2 hours in the morning. Programs could include a relaxation session, exercise activity, and healthy eating sessions. Brian Morgan and Deb Thrall offered suggestions on what they could present to the staff. It would be totally voluntary and committee member were asked to go back to their respective buildings and survey staff and administration to get an idea of potential participation. More discussion will follow.

**Suggestion** was made by Kristen to contact BC/BS Insurance or Allstate Insurance for incentive monies to use toward staff wellness.

**Meeting was adjourned at 8:10am. Next meeting is scheduled for 1/31/13 at 7:00am.**

*Idea for Ray Staff Dev = Deb Thrall speak to Staff*

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## Wellness Committee Minutes 1-31-13

**Present:** Kristen Foote, Brian Wright, Jim Goulet, Corinne Price-Schmidt, Kerry Dal, Bryan Morgan, Deb Thrall, Chris Campolieta, Candy Sweeney, AnneMarie Kanoza, Marion Higman, Jeanna Gates, Marilyn Sindone, Mike Lewis, Christina Rode

### Reports:

**Kristen Foote** reported on the high school Wellness Day. It went great and a well-liked addition was the slideshow at the end showing all the students engaged in Wellness activities. There were many activities encouraging wellness and everything ran smoothly.

MacNamara Elementary will hold its first Wellness Day on February 15<sup>th</sup>. Each grade level will participate in 1 physical activity and 1 informational/educational activity. Some examples are Zumba and Snowshoeing.

Ray Wellness Day will tentatively be scheduled for May 31<sup>st</sup>. More discussion will follow later.

**Brian Wright** discussed the fact that our free and reduced lunch counts have increased 20%, almost doubling in the time he has been in the district.

**Bryan Morgan** (Dynamic Health and Fitness) reported on the Maureen's Hope fundraiser he is coordinating on February 10<sup>th</sup> at the Aspen House in Radisson. The money collected will be going to Kelly Gleason's family. Many high school students are presenting at this event.

### **Staff "Give Back Day":**

Much discussion occurred concerning the committee's coordination of a Staff Wellness Day. The purpose of the day will be to thank staff in the district for helping the committee to promote lifelong wellness in our students. Also, we would like to provide a morning of "rejuvenation, motivation and relaxation" for our staff.

Bryan Morgan agreed to coordinate the 2 hour event. Kristen will look into getting a gym at Baker HS.

The committee discussed combining it with a fundraiser for one individual in each building. Donations will be collected as "entrance fees". Each building will designate a staff member or student to be the recipient.

Some ideas of how the morning will be run:

- |  |  |
|--|--|
| -fruit and water                       | -health and fitness goals addressed      |
| -greeters                              | -music playing                           |
| -light stretching, stability exercises | -educate and apply knowledge to movement |
| -light posture exercises               | -relaxation and meditation at the end    |

It was decided that we will have a sub-committee to organize this. The sub-committee will meet on February 8<sup>th</sup> at 7:00am with another whole committee meeting on February 13<sup>th</sup> at 7:00am.

## Wellness Sub - Committee Minutes 2-8-13

**Present:** Kristen Foote, Jim Goulet, Corinne Price-Schmidt, Jeanna Gates, Marion Higman, Bryan Morgan, Brian Wright, Pat Resseguie, Kerry Dal, Mike Lewis

### **Give Back Day of Rejuvenation for Staff:**

A date has been confirmed – March 9<sup>th</sup>, Baker small gym. The time frame will be 9-11 AM. Staff, faculty and administration is invited – no children or spouses.

The purpose is to thank everyone for promoting wellness in the district and remind all of us that what we do is worth it, that we do it well, and it matters to our students.

Each building will designate a staff member, or student, who will be the recipient of donations collected at the entrance.

Bryan Morgan is coordinating the event and reported on ideas and a schedule for the morning:

- Part 1:** Greeting at the door – professional and friendly  
-saying thank you  
-taking boots and coats off  
-going into the gym
- Introduction of members, the goal and message for the day
- Part 2:** Mobility exercises, light and safe  
Warm ups, socializing  
Video – 3 minute clip of students saying thank you
- Part 3:** Introduction to stability exercises  
Small groups working together  
Video clip
- Part 4:** Functional part – big groups, interactive (big balloons, balls, etc)
- Part 5:** Recovery/meditation led by Kristen  
Cool down/wind down  
Video clip/song
- Closing:** We will inform everyone of where the funds are going for each building  
Thank you to everyone – hand out gift bags

Pat Resseguie will coordinate gift bags. Jeanna will help Kristen with video. Marion will make up flyers to be placed in each building.

Next meeting, next week, the 13<sup>th</sup>, at 7:00am.

### Wellness Committee Minutes 2-13-13

**Present:** Kristen Foote, Marion Higman, Brian Wright, Jeanna Gates, Bryan Morgan, Kerry Dal, Mike Lewis, Anne Marie Kanoza, Candy Sweeney

The meeting today centered around the Give Back Day the committee is organizing for staff in the district. The meaning of the day – **“Thanks for promoting lifelong wellness goals for our students. What we do is worth it, and students appreciate us!”** Plans were further detailed. The video was discussed and an idea was proposed to have some students in each building filmed saying thank you and tell how teachers have inspired them. Kristen and Jeanna will work on the video.

The contents of the gift bags were discussed and Kristen said she may be able to get some free promotional items to include in the bags.

Discussion followed about other logistical details:

- Bryan will begin the day in the gym
- mats in the gym
- greeters at the door
- coat racks
- parking
- members in each building inform their staff
- banners to decorate walls made by students
- members send reminders via email to the staff in their buildings after break

The flyer was passed around and members took copies to place in their buildings.

The next committee meeting will be 2-28-13.

### Wellness Committee Minutes 3-21-13

**Present:** Kristen Foote, Marion Higman, Jim Goulet, Deb Thrall, Chris Campolieta, Marilyn Sindone

#### **Reports:**

**Give Back Day** held on March 9<sup>th</sup> at Baker Highschool was attended by 16 staff. It was small, but effective. Brian Morgan led light exercises, video clips of students expressing their gratitude to teachers were shown, and Kristen led a light yoga and relaxation exercise. The committee feels this was a start, and for next year's "Give Back Day" we will advertise more to the buildings. Other suggestions included:

- Have a theme, ex: March Madness
- Make up posters to display in buildings
- To benefit more staff, have the program run on a PDC day (It is for staff mental and physical wellness, after all!)
- Pinpoint a day earlier in the year
- Make sure it occurs in between sport seasons
- Have it on a Sunday instead of Saturday morning
- Have it later in the day

The committee will further discuss scheduling another day at the last meeting in May.

**The Healthy Celebrations** program has been a huge success at Palmer Elementary in the kindergarten classes.

- Kids birthdays are celebrated once a month
- Each month, a new healthy recipe is introduced to the class. Pat Resseguie has made guacamole and chips, yogurt and fruit, veggies and dips.
- The kids have really enjoyed it, and for those who do not want to try new things, she makes sure they can eat the fruit or crackers plain. Food allergies are always taken into consideration.

Kristen suggested we apply for a grant from the Dairy Council which would supply each kindergarten teacher with a box with all the ingredients for their monthly celebrations. (We will start with kindergarten in each building and then move up through the grades.) This way it could be implemented easier in each elementary building. **Brian Wright** and **Kristen** are working on the grant. Kristen asked **Deb Thrall** to help develop the recipes to include. Because we are doing this through the Dairy Council, the recipes must include some dairy. There would also be alternate recipes included to accommodate food allergies.

Kristen asked that this be ready by the end of Spring Break so Brian could present to the principals at their meeting, get the committee to review, and have submitted by the grant deadline of 6-1-13.

**Kristen** reported that we now have representatives on the committee from VanBuren Elementary. Patty Bowman and Bonny Beverine have agreed to serve on the committee.



**Marilyn** reported that the McNamara Wellness Day was a success. Having a few activities worked well and they received positive feedback. She also mentioned the **ACES Day**. It is a day, once a month, where **All Children Exercise Simultaneously**. It is being done at McNamara and is building-wide. There is also a nation-wide program. Annette Bund, a 3<sup>rd</sup> grade teacher, organized this program at McNamara. How it works: 1 morning a month, after announcements, each classroom teacher conducts an activity taking only 5 minutes. This month it was the Cha-Cha Slide. Everyone in the building was exercising at the same exact time. Only positive feedback has been generated.

The next meeting of the committee is on May 30, 2013, at 7:00am. At that meeting, Kristen asked all members to have a list of their buildings wellness activities compiled. We will then present those to the board.

**Meeting adjourned at 8:00am.**

## Minutes – District Wellness Meeting 5/23/13

**Present:** Brian Wright, Candy Sweeney, Jim Goulet, Bryan Morgan, Kerry Dal, Pat Ressigue, Kristen Foote, Marion Higman, Annemarie Kanoza

This is the last meeting of the school year. We are summing up what each building did to promote student and staff wellness. We will also finalize the dates for meetings next year.

**Baker HS:** Brain reported that we are trying to increase student participation in the lunch program. We have started having Senior Fridays, where seniors get to serve and offer menu ideas. The goal is to get more students involved.

Kristen reported that for Page's Butterfly Run, some students have volunteered for "Rent A Walker" program, where people that would like to donate, but not actually run in the race, can rent a student to run for them, and still collect the money/pledges.

Many students helped run the Wellness Day at Baker. There are always groups willing to help with new activities.

**Durgee:** No report, however, their Wellness Day went over well.

**Ray Middle School:** There are wellness activities continually going on at Ray. There are Wellness Announcements a couple of times a week, read by students. We are trying to increase the lunch sales, but that is slow going.

The Ray Wellness Day is in June. Outdoor and indoor activities are planned following a talent show. The talent show is run by Jon Bick and Mo Lepine. The Wellness Fair is run by Marion Higman. All staff are involved, as well as outside people.

Deb Martin has increased the number of staff appreciation lunches that go on throughout the year.

**Palmer:** Pat reports that there are Friday Wellness Announcements. They have Healthy Celebrations for birthdays in the classroom. There is a running club in the fall, school wide fun fitness events run by parents, and sportsmanship awards. They will be having the summer Olympics shortly. Pat secured a \$600 Dairy Council grant.

**Van Buren, and McNamara :** Both had wellness days, with events and education.

**Elden:** Annemarie reported that there are healthy announcements, healthy staff lunches, yoga in the classrooms, walking groups, and they had their wellness day, which was a success. There is a group doing the color run in October.

**Bryan Morgan:** Organized and ran the "Give Back Day" for staff. Wants to do a night of inspiration for families – child and adult members. To do something with "education and application" of movement. Thinking about October 25<sup>th</sup> for faculty and staff.

**Meetings for 2013-2014 school year:**

September 26, 2013	January 30, 2014
November 21, 2013	March 27, 2014
	May 29, 2014

## Minutes – District Wellness Meeting 9/26/13

**Present:** Kristen Foote, Brian Wright, AnneMarie Kanoza, Pat Ressigue, Patty Leader, Bryan Morgan, Jim Goulet, Bonny Beverine, Kerry Dal, Marion Higman, Amy Byrne, Marilyn Sindone

The committee is currently looking for a representative from Reynolds. Kristen asked if any of the current committee members could reach out to someone at Reynolds Elementary.

**End of the Year Report:** Kristen and Brian Wright spoke at the Board of Education meeting at the end of June to review the Wellness Committee. They spoke about what was happening in each building and the district as a whole.

Kristen and Kerry were working on a recipe piece, but ran into problems in terms of food allergies. The possibility of writing a grant was discussed.

**Give Back Day:** The committee discussed the “Give Back to Staff Day” planned for October 25<sup>th</sup>, in the morning before the fall PDC day starts.

- warm-up activities in the large gym at Baker from 7:15-7:45
- Bryan Morgan and his staff from Dynamic Fitness will run the session
- Each member was asked to get the word out in their buildings

**Staff Wellness Newsletter:** -Kristen discussed with the committee members the idea of a Staff Wellness Newsletter

- the goal is to publish every other month for the staff in the district
- Bryan could do an exercise corner
- Bonny and Marion will do healthy tips section
- Brian would do a bit on the new lunch program
- Kerry will do a nutrition piece
- others discussed adding information on classroom activities that occur
- it will be sent electronically throughout the district
- The Goal:** to continue to provide and promote wellness throughout the district with participation through stakeholders at each building.
- Each committee member will bring something to add to the next meeting

**Bryan Morgan** discussed the “Free To Play” program that goes into schools to teach how to functionally exercise.

**Bonny Beverine** discussed an activity that they run at Van Buren Elementary where, each day, the 5<sup>th</sup> graders walk for exercise and an activity.

**Next Meeting:** 11/21/13

## Minutes – District Wellness Meeting 11/21/13

**Present:** Kristen Foote, Brian Wright, Jim Goulet, Kerry Dal, Marion Higman, Chris Campolieta

**Staff Wellness Newsletter:** -Kristen went over the draft. Made a few changes. It will be sent electronically with a few hard copies sent to each building.

-Committee members are asked to bring more articles to the January meeting to put into the February newsletter.

**Chris Campolieta:** discussed concussion management. He will add pieces to the next newsletter. He mentioned Linda Barry and Brett Dellola (sp) as resources. The committee spent some time discussing the problem of raising student awareness about the long term dangers of concussions and having a speaker come into classes. It was agreed that concussion information for staff will be the main focus of the next newsletter.

**Tour De Cure for Diabetes:** Kristen reported that Kelli LaPage contacted her regarding the 100 mile bike ride for Diabetes. Ms. LaPage asked if the wellness committee would get a team together to do the ride. They would need approx.. 50 people from the district. Anyone who wants to head this up and participate should contact Kristen or Kelli at [KLapage@welltrail.com](mailto:KLapage@welltrail.com). We will add this information to the next newsletter for district staff.

**PDC Wellness Day:** The activity that occurred in the Baker gym before the last PDC day was fantastic! About 40 people attended the exercise/relaxation session run by Bryan Morgan and his staff from Dynamic Health and Fitness, along with Kristen. They did a great job and we had many positive comments. Everyone enjoyed themselves. The committee discussed doing it again before the March 21<sup>st</sup> PDC day and having an incentive for each staff member of bringing a friend to get an extra prize!

**Holiday Wellness Challenge:** It will run from 11/25-12/31 and Kristen will send out information in an email. More and more staff participate each year.

**Next Meeting:** January 30, 2014

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**Next Meeting:** January 30, 2014

## Wellness Committee Minutes 1-30-14

**Present:** Kristen Foote, Marion Higman, Brian Wright, AnneMarie Kanoza, Chris Campolieta, Bryan Morgan, Patty Leader, Jim Goulet, Marilyn Sindone, Kerry Dal

**Feedback on Wellness Newsletter** – Kristen reported that she has gotten so much positive feedback on the Staff Wellness Newsletter that the committee put together for December. The newsletter was emailed to all district staff, and a few hard copies were placed in district buildings. All committee members were told to bring, or email, articles for the next newsletter to Kristen as soon as possible.

**March PDC Day** – Much of the meeting centered around the program the committee wants to run to start the day for staff in the district. The PDC Day begins at 8:00am in the auditorium and we would like to do a program similar to the one we did in October that would run from 7:00-7:55am. Bryan Morgan from Dynamic Health and Fitness will once again run the activity. He suggested a little more formal presentation this time, using music, and beginning with a relaxation activity utilizing mats on the large gym floor. Following that, he would move onto an activity of movement and light exercise. Suggested activities included group exercise with some team building built in to the activity.

**The committee bounced around the following suggestions for the morning activity:**

- Have something afterwards in the 3 bays of the cafeteria before staff move to the auditorium

- Get the mats on the floor of the large gym on Thursday night so that when people come in at 7:00am they have a place to go to

- Chris will get the PA system set up

- Discussed a “50 balloon activity” and how we could get the balloons all inflated before the morning

- Brian Wright will contact Gatorade to see if they would donate towels for people to use

- For the closing at 7:55am, Bryan suggested including some tips or ideas and a “to be continued” message.

- Considered refreshments, light food, and literature in the 3 cafeteria bays afterwards

- Marion will make a flyer for staff to put up in their buildings. We will need an RSVP number to be prepared. She will bring this to the next meeting.

- Kristen will include all this info in the next newsletter

**It was suggested that we name the activity and call it “Personal Dynamic Celebration” PDC Day!**

**Building Wellness Days** – discussion was held as to the dates for individual building days

**Big Activity for Kids** – Kristen discussed with the committee the possibility of organizing a large activity for the end of September or early October. We would utilize the whole high school campus, using a Thursday, Friday, and Saturday for kids to exercise and play. We could have parent mentors, tie it in with a football game, and even get NFL Play 60 to sponsor, or grant \$. More discussion will follow.

**NEXT MEETING: 1<sup>ST</sup> Thursday in March – the 6<sup>th</sup> - (to discuss PDC Day) at 7:00 am.**

### How to Boost Your Immune System

Recent studies have shown that blue berries, such as the actual blueberries, as well as blackberries, and red grapes have been demonstrated to raise people's immune system response and functions. Researchers studied 1000 individuals who had recently been ill with the flu or other respiratory illnesses. They fed half the subjects blue-colored berries, red grapes, and red grape juice. These subjects were shown to have a much better immune recovery response than those who did not include these items in their diets. There is a substance called Stilbenoids in these foods that work with the vitamin D in your diet to increase expression in the human antimicrobial peptide, which is involved in our immune response. Red and blue fruits contain these items.

So, in conclusion, if you want to better fight the winter illnesses, eat blue and red fruit!!

### Avoiding Dementia in Aging Adults

Video games are not just for kids anymore! Research has shown that senior citizens who play video games can enhance their brain power and memory.

The Centers for Mental Health studied adults aged 50-85 and tested their memory, brain function on certain math tests, and recall rate. They had these adults play a video game called NeuroRacer. They found that it was not only fun for these adults, but it also sharpened their brain skills on simple, as well as, complex tasks. It is a game that actually combines body movement with brain function.

The researchers concluded that the game forces the adults to have an active lifestyle - both physically and mentally - and can help avoid the aging related dementia many older adults experience.

So if you find yourself or a love one forgetting more and more things, get them involved in body movement and video games!!

*Include in  
Newsletter!*

Reynolds Elementary Physical Education launches BeeFit Fun Run Series 2013-2014

Students and staff have the opportunity to participate in theme based walk/ runs to add more steps to their day. Theme based runs include: Bully Free You and Me, Merry Fitness and a Happy New You! Heart Smart, Commit to be Fit, Health is Wealth, and BeeFit Don't Sit. All participants are encouraged to wear a pedometer (optional) with a goal of 2000 Steps (1mile) each walk/run held during recess.

According to the American Heart Association kids are encouraged to "strive for 12,000 steps each day" and adults 10,000. During the month of February (Heart Education Month) as part of a commitment to be fit ,students in grades 4 and 5 can sign up to participate in Tae Kwon Do Tuesdays and Fitness Fridays in an effort to add more steps to their day. March will offer "Get Movin' " Mondays and Work-out Wednesdays.

In a BeeFit Flyer sent home to students, parents and staff , BeeFit tips offered suggestions for how families can add more steps to their day, how you can keep the "fun" in fitness with the use of a pedometer, goal setting tips , and program options .



## Kristen Foote - website

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**From:** Lori Arigo  
**To:** Foote, Kristen  
**Date:** 1/14/2014 9:02 PM  
**Subject:** website

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**Security:** Confidential

Hi Kristen,

I know you sent out the wellness newsletter, so I thought I would pass this website along to you regarding virtual run/races. <http://www.racesforawareness.com/index.html>

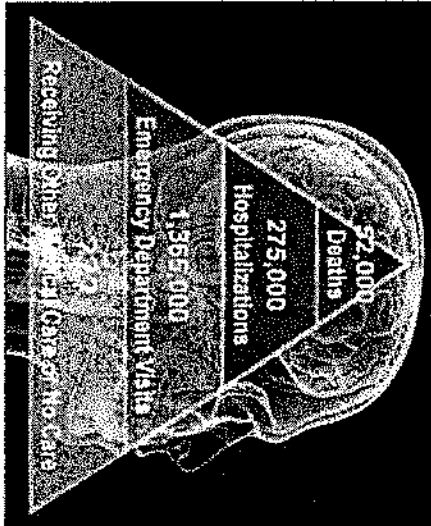
I am not sure if it something you can use for the newsletter, but thought I would forward it to you for anyone interested in something different and for a good cause. My friends and I are going to do the Boston "race" with this virtual run. Thanks!

Lori

Mrs. Lori Arigo  
Durgee Jr. High Counselor  
Lf-R 8th grade L-Ro 9th grade  
(315) 638-6088 (phone)  
(315) 638-5008 (fax)

*include in Newsletter*

Estimated Average Annual Number of TBI  
In the United States, 2002-2006



FALLS	35.2%
ASSAULT	10.0%
MOTOR VEHICLE-TRAFFIC	17.3%
STRUCK BY/AGAINST	16.5%
UNKNOWN/OTHER	21.0%

**TRAUMATIC BRAIN INJURY IN THE U.S.**

"Children aged 0 to 4 years, older adolescents aged 15 to 19 years, and adults aged 65 years and older are most likely to sustain a TBI. Almost half a million or 473,947 emergency department visits for TBI are made annually by children aged 0 to 14 years. ... Falls are the leading cause of TBI. In particular, falls result in 623,045 TBI-related emergency department visits and 62,334 hospitalizations. Motor vehicle traffic injury rates are highest for adults aged 20 to 24 years."

Source: Langhinrichsen, J.

Material taken from www.CDC.gov

TELL YOUR STORY  
**GIVE BRAIN INJURY A VOICE.**

**HEADS UP  
FILM FESTIVAL**

CDC FOUNDATION

CDC helps to  
prevent brain injury.



VIDEO

VISIT OUR WEBSITE TO  
LEARN MORE

**RECOMMENDED RESOURCES**

- Upstate University Hospital  
Concussion Management Program and  
Upstate Sport Concussion Center  
1-(315)-464-8986  
[www.upstate.edu/concussion](http://www.upstate.edu/concussion)
- Brain Injury Association of NYS  
1-(800)-444-6443  
[www.bianys.org](http://www.bianys.org)

Center for Disease Control and Prevention

Traumatic Brain Injury in the US

[http://www.cdc.gov/Features/ds/TBI\\_BrainInjury/](http://www.cdc.gov/Features/ds/TBI_BrainInjury/)

The Brainwaves Center

1-(877)-876-2787

<http://www.brainwaves.com/>

Crouse Hospital

Postconcussion Syndrome

<http://www.crouse.org>

Additional resources and sections available upon request. [plank@cdc.gov](mailto:plank@cdc.gov)

**CONCUSSION**  
THE INVISIBLE INJURY

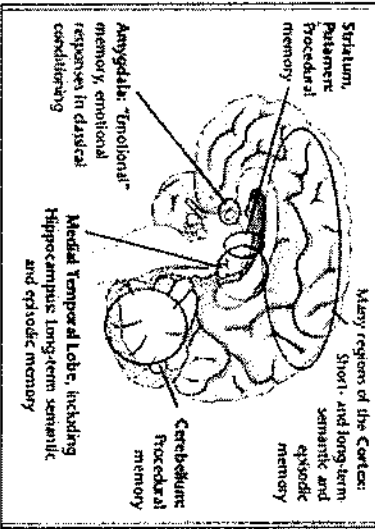


**SYMPTOMS VARY**

By far the most important piece of information about concussion is that it varies from individual to individual and from injury to injury. Today, most patients with concussion recover within days to weeks. Meanwhile, an unlucky ten percent develop persistent signs and symptoms of post concussion syndrome (PCS) sometimes referred to as mTBI (Mild Traumatic Brain Injury).



## Different Structures in the Brain Handle Different Kinds of Memory



### MEMORY SYSTEMS

You are not in control of most of your memory.

**Short-term memory** lets you remember a name or phone number long enough to enter it.

**Medium-term memory** lets you remember what you had for breakfast yesterday.

**Working memory** (the first to go) lets you keep a lot of data in mind while you sort through it to save what is important to you.

**Primitive memory systems** are similar to those of a reptile. They tell your human heart to pump blood to your cheeks when you are embarrassed or breath factor when your principal calls to say he wants to see you in his office.

**Motor memory** lets you steer a bike while you are thinking of something else.

**Explicit memory** clicks in when you reharve something a bit until it comes naturally, teacher time.

**Implicit memory** already knows what just happened is so important for your survival it acts on your body before you know it. You cannot control it but it can control you. (Example: "If an acquaintance betrays me I can't remember her phone number any more.")

Source: Language, thought and material taken from www.brainiacs.com

# Concussion in the Classroom

### SYMPTOMS

Students may exhibit varying degrees of one or more of the following symptoms:

#### Physical Symptoms

- ☐ Headache
- ☐ Nausea
- ☐ Tire easily during class and in the evening
- ☐ Dizziness, light-headedness, loss of balance
- ☐ Exhibit sensitivity to fluorescent lights and/or loud noises

#### Cognitive Symptoms

- ☐ Easily distracted
- ☐ Problems with learning/memory
- ☐ Difficulty multitasking (e.g., listening and taking notes)
- ☐ Require additional time to complete tasks
- ☐ Slower processing speed (thinking, acting, reading, speaking)
- ☐ Increased disorganization

#### Social/Emotional Symptoms

- ☐ Easily overwhelmed
- ☐ Irritability, anxiousness, and tearfulness (mood changes)
- ☐ Depression and decreased motivation
- ☐ Impulsiveness
- ☐ Withdrawn
- ☐ Avoid large groups/intense social situations

Source: Language, material taken from Concussion at the Classroom, Update Via Thequid

### LEARNING STRATEGIES

Several adaptive learning tools and academic accommodations can provide students with concussions, PCS and mTBI with the support needed to help them grow and flourish through out this difficult period. These include:

#### Attention and Comprehension

- ☐ Extend time on assessments and assignments
- ☐ Minimize distractions (e.g. preferential seating, quiet working/testing environment)

- ☐ Use short/specific instructions
- ☐ Allow rest breaks

- ☐ "Chunk" material/assignments into manageable tasks

- ☐ Use organization helping devices (e.g. color coding and underlining, schedules, outline of material, teacher generated notes)

- ☐ Reduce demand on memory (e.g. fact sheets, open book or multiple choice exams)

- ☐ Reinforce learning/memorizations process (e.g. mnemonic devices, repetition, relate material to what student already knows)

- ☐ Behavioral, Emotional and Social

- ☐ Don't single out student in public (e.g. allow extended time before making public presentations or answering questions)
- ☐ Allow students to leave/take a break from frustrating and over-stimulating environments (e.g. leave the classroom and go to a prearranged location)
- ☐ Be patient and encourage students to seek help

Source: Language, material taken from Concussion at the Classroom, Update Via Thequid

## Wellness Committee Minutes 1-30-14

**Present:** Kristen Foote, Marion Higman, Brian Wright, AnneMarie Kanoza, Chris Campolieta, Bryan Morgan, Patty Leader, Jim Goulet, Marilyn Sindone, Kerry Dal

**Feedback on Wellness Newsletter** – Kristen reported that she has gotten so much positive feedback on the Staff Wellness Newsletter that the committee put together for December. The newsletter was emailed to all district staff, and a few hard copies were placed in district buildings. All committee members were told to bring, or email, articles for the next newsletter to Kristen as soon as possible.

**March PDC Day** – Much of the meeting centered around the program the committee wants to run to start the day for staff in the district. The PDC Day begins at 8:00am in the auditorium and we would like to do a program similar to the one we did in October that would run from 7:00-7:55am. Bryan Morgan from Dynamic Health and Fitness will once again run the activity. He suggested a little more formal presentation this time, using music, and beginning with a relaxation activity utilizing mats on the large gym floor. Following that, he would move onto an activity of movement and light exercise. Suggested activities included group exercise with some team building built in to the activity.

**The committee bounced around the following suggestions for the morning activity:**

- Have something afterwards in the 3 bays of the cafeteria before staff move to the auditorium
- Get the mats on the floor of the large gym on Thursday night so that when people come in at 7:00am they have a place to go to
- Chris will get the PA system set up
- Discussed a “50 balloon activity” and how we could get the balloons all inflated before the morning
- Brian Wright will contact Gatorade to see if they would donate towels for people to use
- For the closing at 7:55am, Bryan suggested including some tips or ideas and a “to be continued” message.
- Considered refreshments, light food, and literature in the 3 cafeteria bays afterwards
- Marion will make a flyer for staff to put up in their buildings. We will need an RSVP number to be prepared. She will bring this to the next meeting.
- Kristen will include all this info in the next newsletter

**It was suggested that we name the activity and call it “Personal Dynamic Celebration” PDC Day!**

**Building Wellness Days** – discussion was held as to the dates for individual building days

**Big Activity for Kids** – Kristen discussed with the committee the possibility of organizing a large activity for the end of September or early October. We would utilize the whole high school campus, using a Thursday, Friday, and Saturday for kids to exercise and play. We could have parent mentors, tie it in with a football game, and even get NFL Play 60 to sponsor, or grant \$. More discussion will follow.

**NEXT MEETING: 1<sup>ST</sup> Thursday in March** (to discuss PDC Day) **at 7:00 am.**

*Have discussion re info from Chris C.*

*possible ray wellness Day June 20<sup>th</sup>  
let Kerry, Brian + Jon Buck know*

*Meditation 10 min  
group act 20 min  
Team Bldg 5 min  
Closing 10 min*

*Post in  
Bldgs.  
Stuff  
Mailboxes*

*By  
Building*

## Minutes – District Wellness Meeting 3-06-14

**Present:** Kristen Foote, Brian Wright, Jim Goulet, Marion Higman, Candy Sweeney, Anne Marie Kanoza, Patty Leader, Bryan Morgan, Pat Ressiguie, Amy Byrne

**Staff Wellness Newsletter:** -Kristen handed out copies of the final newsletter. It will be sent electronically with a few hard copies sent to each building.

-Committee members are asked to bring more articles to the next meeting to put into the next newsletter.

**“Personal Dynamic Celebration”:** Activity in the morning prior to the scheduled PDC Day was discussed and finalized.

-Discussed the final details:

- decided on which microphone system to use
- Brian Wright showed the free gifts donated from Gatorade that will be given to the participants
- Kristen reported that the Key Club from Baker will blow up the balloons and we will keep them in garbage bags
- free gifts and food will be set up in the cafeteria and Brian will man the tables
- there will be water, yogurt, trail mix, cows, towels, and hot water for tea
- committee members are asked to be there at 6:15 to help get everything set up
- people will sign in, remove their shoes and get a towel
- Kristen will speak first about the purpose of the activity and get participants motivated
- Bryan Morgan and his staff will speak on tips, and bridge into activities
- Bryan will close with continued tips and a “to be continued” message
- Marion handed out hard copies of flyers for members to place in their buildings, informing staff across the district of the activity

**Fall Activity:** Bryan Morgan discussed his vision of the plans for the activity proposed in the fall for the whole district:

- Activities are proposed using a variety of organizations (Maureen’s Hope, Pull for Heather, Paige’s Butterfly Run, Bville Student Council)
- Students will come in with fundraising money they have secured from pledges. The money will be split between the organizations
- Dynamic Health and Fitness will run activity
- Hoping to have 200 students involved
- Publicity within the district, and across the district, to get all involved, K-12 grades
- Kristen reported that students have often said they would like to fundraise for the school through Wellness Activities, and this is the perfect opportunity
- The event will take place over a whole weekend – possibly Homecoming Weekend
- Suggested plans include a soccer game on Thursday, Relay for Life on Friday thru Saturday, and a “wrap up” on Sunday run by Bryan and DHF
- On Saturday, it was suggested that all secondary groups run activities like face painting, sports clinics, powder puff football

Dear Jeanne,

We have some exciting news to share. Several students, parents, and faculty members have approached us with desires to promote wellness, build partnerships with families in our community, support the Baldwinsville Scholarship Fund, community service ideas, and ways to promote hope.

Recently a few teachers had a chance to meet and collaborate. We pooled ideas and recognized that a common link we share is that laughter and learning grace the hallways, classrooms, and playgrounds in Baldwinsville. Also, when someone hurts - we hurt. Baldwinsville schools rally in support/honor of students, families, and staff affected by pediatric cancer and related blood disorders. Many elementary students receive treatments at Upstate Golisano Children's Hospital.

As you may be aware, since 1997 our district schools have had numerous teams in the annual Paige's Butterfly Run. The story for Paige's is rooted in Baldwinsville. This non-profit foundation also awards two \$2K fully endowed Paige Yeomans Arnold Memorial Scholarships annually in Baldwinsville, and profits directly support this community.

A desire to preserve tradition and *unify rather than compete* is at the heart of our mission.

- Teams from McNamara, Reynolds, Palmer, & VBE will unify as *Baldwinsville Bee-Lieves*
- *Baldwinsville Bee-Lieves* will be a new team registered for Paige's Butterfly Run, 2014 that anyone can join, but steered by energy found within Baldwinsville's 5 elementary schools.
- Our team will continue to proceed with integrity and ethical conduct, in accordance with school and district regulations.
- Current Chairpeople are:
  - McNamara: \*Courtney Mills, Laura Manton
  - Palmer: Suzi Kick
  - Reynolds: Laurie Ravas
  - VBE: Katie Reap, Dan Vannatta
  - Elden: TBA
- Advisors to our Team include Students, *Kristin Foote* ( High School Guidance Department, Wellness Committee), *Dana Rubadou* (Key Club), *Ron Hysick* (Parents), *Ellen Yeoman*, *Chris Arnold* (Paiges Butterfly Run Foundation, and Paige Yeomans Arnold Memorial Scholarships) , local Boy and Girl Scout groups, and PTA's.

Do you, by chance, have any suggestions for us in regards to how we may proceed with promoting participation, contacting faculty, students, and parents? In the past this has been done via team generated e-mails and flyers.

Will you help our mission to keep the Baldwinsville spirit and momentum going to fight pediatric cancer and fund hope? We, the Baldwinsville Bee-Lieves Committee, wish to preserve the tradition which began at Palmer in 1997. We welcome your assistance.

Respectfully,

Katie, Dan, Courtney, Suzi, and Laurie

**Minutes – District Wellness Meeting 5-28-14**

**Present:** Kristen Foote, Brian Wright, Jim Goulet, Marion Higman, Candy Sweeney, Anne Marie Kanoza, Patty Leader, Pat Ressiguie, Lori Arigo, Marilyn Sindone, Chris Campolieta, Kerry Dal

**Welcome:** Kristen welcomed the new members of the committee: Lori Arigo, representing Durgee; Bonny Beverine, representing Van Buren; and possibly Bonny Scott, representing Reynolds. This puts the Wellness Committee at full representation throughout the district.

**ACES Program:** Marilyn Sindone discussed the ACES Program (All Children Exercising Simultaneously)

-At McNamara, they are picking a day for the whole school, all kids and teachers, to walk/exercise at the same time.

-Anne Marie discussed possibly working this into Elden Elementary.

**Staff Wellness Initiatives:** The committee reviewed all staff wellness activities that were run this school year:

-The committee organized and ran two very well-received staff wellness programs that took place before each full-day PDC day.

-The committee also published staff wellness newsletters this year to keep all staff informed about wellness and how to improve their health. (There is one more newsletter that will be published and sent out electronically by the end of June)

-Every building now organizes a wellness day for staff and students.

**Plans and Objectives for 2014-2015 School Year:**

-The committee will take a closer look at the State and District Wellness Policies. There are changes occurring along with new regulations. We are one of the very few districts who has a functioning and productive Wellness Committee to fulfill these regulations and meet the new guidelines. It is mandatory that school districts have a Wellness Committee and we are doing more than most districts.

-In September, the committee will put together ideas for meeting the new regulations. For example, school buildings can no longer sell candy and chips in the school store. Groups are also not allowed to fundraise with food items during lunch breaks.

**Brian Wright** reported that an American Dairy Council grant of \$4000 will be used at Palmer for improvements in the cafeteria.

**Co-Chair:** Kristen asked if any of the committee members would be interested in sitting as the co-chair. No takers at the meeting.

**Meeting Dates for 2014-2015:** September 18  
November 20  
January 29  
March 26  
May 14

All at 7:00 in  
the District  
Office large  
conference  
room.

Wellness Meeting

October 2<sup>nd</sup> 2014

- I. **Introductions**
- II. **We still need representation from Reynolds and Van Buren**

- III. **October 24 PDC – Pre-PDC Program**

Last year: Light exercise & Golf Ball

Light Exercise & Gratitude Challenge

**Ideas:**

We discussed the short timeframe and the fact that many people will be off campus that morning. However, Bryan Morgan brought up the fact that we have gotten more and more people each time we have offered this and should keep up the momentum. To this end Bryan Morgan will come up with a Mindfulness exercise. Kristen and Chris will help out.

**Maybe some people will stop by on their way to their meeting place. We will keep you posted.**

- IV. **Newsletter:**

Classroom ideas/activities

Pictures

Recipes

What's happening

Other: We will work on creating the newsletters – we discussed providing information for parents as well.

- V. **November meeting Date & Topic**

Kristen copied an email that was sent to her regarding candy, etc. in schools. She has asked members to read through the email and peruse websites including our current policy, be prepared to discuss.

Bryan Morgan brought up the idea of offering mini information sessions for teachers on subject like rewards, heart rates. These could even be videotaped. We will discuss this next meeting.

**Next Meeting Date – 11/20**





Wellness Meeting - 10/6/2014 10:00 AM

## Wellness Meeting

10/6/2014

Foote, Kristen <kfoote@bville.org>

Sat, Oct 4, 2014 at 12:33 PM

To: "Higman, Marion" <mhigman@bville.org>, "Kanoza, AnnMarie" <akanoza@bville.org>, "Resseguie, Patricia" <presseguie@bville.org>, "Leader, Patricia" <pleader@bville.org>, "Beverine, Bonny" <bbeverine@bville.org>, "Sindone, Marilyn" <msindone@bville.org>, "Campolieta, Christopher" <ccampolieta@bville.org>, "Arigo, Lori" <larigo@bville.org>, "Morgan, Bryan" <dhhbry@me.com>, "Goulet, James" <jgoulet@bville.org>, "Sweeney, Candace" <csweeney@bville.org>, "Byrne, Amy" <abyrne@bville.org>, "Gates, Jeanna" <jgates@bville.org>, "Cc: Carpenter, Julie" <jcarpenter@bville.org>, "Voutsinas, Lynn" <lvoutsinas@bville.org>, "Wright, Brian" <bwright@bville.org>

Good Afternoon-

Attached please find information from the Wellness meeting last Thursday.

A majority of the discussion centered around the 10/24 PDC Day Pre-Conference presentation. Many of the departments will be traveling to places outside of the district and not all building levels will be meeting at the High School - this and the fact that the date is coming quickly had the discussion leaning toward focusing on the March date.

Bryan Morgan brought up the fact that since we have buildt up an interest in this programming we should continue even though numbers may be small. He has agreed to put a program together that will not entail a lot of preparation on our part. I will keep you posted and hope that whatever is offered you will encourage your buildings to attend.

The second piece of information is an email I received from a parent. We decided to take time in November to revisit where we are at with the Wellness Policy and if we need revisions. Please take a look at the websites, etc. before the November meeting.

Bryan offered to put together ideas for Wellness Presentations for educators and/or parents surrounding issues regarding food rewards, heart rate, etc. These would be free workshops - we also discussed creating video workshops to post on the website. The thought would be to educate for awareness across the district.

If you have any questions or concerns - please let me know! KF


\*\* Jenn C - I have you as an adjunct member


Make it a great day!

Kristen T. Foote, Counselor  
 CW Baker High School  
 Baldwinsville, New York 13027

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### 2 attachments

 **October meeting.docx**  
 17K

 **October Wellness agenda 2014.docx**  
 15K

## 2014-2015 Challenge for the Wellness Committee:

cent e-mail to administrator:

*Being part of families that focus on nutrition, healthy living, and real food diets, Lindsay and I have had many conversations about our frustrations with the food culture in our society. One of our greatest frustrations is processed foods, treats, and candy given as rewards in the classroom. There is so much information and research about food rewards being negative, and the negative effects of sugar and artificial dyes on attention and learning in children. The childhood obesity epidemic should also be highlighted which is effecting almost half of our children and is a direct link to sugar and processed foods.*

*We would love the opportunity to sit down and chat with you about this in attempt to make change for the students at ....resulting in a positive impact on their future health.*

**\*Principal emailed back a very supportive email indicating that teachers really have final control of foods in their classes – he also spoke about the Wellness Committee's efforts in this area.**

### **Parent emailed me:**

*Anyway, since you are the head of Wellness Council, can you give me some advice on how I can change food rewards in the school? My kids are coming out of school hopped up on sugar each day, (Son) has a social studies test that involves labeling a cookie with every candy and frosting tube imaginable in the shape of NY State, and I think it is all the wrong message. I want to help make a change.*

### **My response:**

The Wellness Committee oversees the Wellness Policy which is really considered a "soft policy" which means we cannot enforce anything, just inform and encourage. While there have been federal initiatives regarding soda machines and snack bars after school, nutrition "enforcements" have not hit the classroom yet. The district has actually come a long way in adopting more healthy celebrations, healthier snacks for parties and rewards, etc. but it is still a work in progress.

We have our first Wellness meeting on Thursday am and I will bring your e-mail to the table to solicit feedback. KF

### **Parent's last response:**

We would really like to see the cycle of rewarding with unhealthy treats stop. This is how I analyze it-- Imagine if when I did a good job at work, my boss gave me a pack of cigarettes or a shot of vodka? Rewarding with items that are knowingly not healthy and effect productivity makes no sense. We just see it as so contradictory.

(..) told us that the teachers have all been informed about healthy options, but can still make those decisions to "celebrate" as they choose. I have seen some improvement with parties, but it is not consistent across the board *causing "favorite teacher" or "that's unfair" culture.*

Thank you for taking this to the committee and helping to try and make strides.

## Minutes – District Wellness Meeting 11-20-14

**Present:** Kristen Foote, Marion Higman, Ethan Plouffe, Jim Goulet, Brian Wright, Kristen Davis, Sue Kratochwill, Patty Leader, Kerry Dal

**Welcome:** Kristen shared a letter from a parent. The parent was concerned about the food rewards being offered in classrooms, specifically foods high in sugar and artificial dyes. Kristen explained to the parent that the district's Wellness Policy is actually a "soft policy", meaning that we can offer alternatives; however, the control still lies with the individual classroom teacher. We can "inform and encourage" but there are no federal regulations regarding class parties. We do have initiatives regarding soda machines and snack bars after school, and the district has come a very long way in adopting healthy celebration alternatives, but it is still a work in progress.

One suggestion the committee had was for teachers to go through Brian Wright for birthday celebrations in the classroom. That way, teachers could provide healthier alternatives to the class for the once-a-month birthday celebrations in elementary school. If this started in kindergarten, children would get used to it. We could put a list of items that Brian has available through the school's nutrition program into the newsletter so all staff in the district could plan. This could also be in place for middle and high school level celebrations/rewards in homerooms, for example, that offer pizza parties, or breakfast parties, as rewards for fundraising/food donations, etc. If teachers ordered these items through Brian, it would actually be more cost-effective, as well.

**Wellness Policy Review:** Discussion continued as the committee began reviewing the current Wellness Policy that the district has in place. **Each committee member should go through the policy and highlight any changes that need to be made by the next meeting.** Teachers in each building could do a survey of staff to see what everyone is doing for "points of progress".

During this meeting, the committee members began discussing the policy on water bottles. Ray Middle School allows students to carry water bottles, but Durgee currently does not. The committee suggested ways in which we can convince Durgee to allow the students to carry water bottles, but possibly with consequences. It was then suggested that we need to have a person in the building be the "food police", so to speak, to enforce the policy. Brian suggested running it past the people in charge.

**Brian Wright:** Discussed the Smart Snack Initiative. Guidelines have changed. School meals are currently reimbursed by the government, but snack are not. However, the government is still trying to control what we serve as after-school snacks, and they are very strict. They say all snacks must be whole grain and no corn syrup. Therefore, we do not sell them. If we go against the guidelines, we get a reprimand. Currently, at Baker High School, from 2:15-3:15, iced coffee, pizza, pizza sticks, pretzels, cinnamon rolls, and chips are sold. Under federal guidelines, chocolate cannot be sold during the day for fundraisers, only after school.

Baker High School bailed out of the Federal School Lunch policy and now 300+ kids are eating breakfast each day! The amount of kids more than doubled, and they can eat from periods 1-3.

Kristen shared a letter from Carol James from the NHS. They want the district to do a Walk-a-Thon. Joe DeBarbieri suggested it to be an activity that the whole district participates in for PDC day. Bryan Morgan would like to continue the Awaken Program we began, therefore, discussion followed on what to do and how to approach this program.

**Willpower For Wishes:** Kristen put in for a grant for refreshments after this fundraiser. It will be held February 28<sup>th</sup>, in the Baker High School gym. The cost would be \$10/adult. More discussion will follow.

**Next Meeting:** January 29, 2015, 7:00am in the District Office Large Conference Room