

## Minutes – District Wellness Meeting 5/21/15

**Present:** Kristen Foote, Marion Higman, AnneMarie Kanoza, Colleen Natale, Patty Leader, Sue Kratochwill, Candy Sweeney, Amy Byrne, Jim Goulet

**Year in Review:** Kristen shared with everyone a summary of all we did as a committee this past year. Our focus was on raising awareness by educating teachers and students about wellness. There are now Wellness Fairs/Days in every building. We have developed a newsletter to share ideas and “Best Practices”. Information about how teachers can incorporate wellness programs into the classroom was disseminated. We have encouraged, and assisted with healthier celebrations within classrooms, especially at the elementary level. We have looked at the new regulations and are working towards updating our current policy, including a social/emotional component to student wellness. Finally, we continue to provide faculty/staff in the district with Wellness Initiatives before PDC days, and believe we are making great strides.

**Updating the Wellness Policy:** The remainder of the meeting consisted of discussion on how to bring our current policy up to date with new regulations. The state of New York is saying we have to update our policy in accordance with regulations from the FDA. It is a work in progress that we hope to have finalized by January 2016. We looked at the new regulations and a legal document from Buffalo, comparing them to our current policy.

Currently, we have a “soft policy”, which means we can’t actually enforce what teachers do in the classrooms, only suggest. A lot of discussion occurred on how to incorporate more physical activity into the day for K-5 grades. Teachers feel pressure in academics, and at the same time, are withholding extra physical activity from kids as a way to encourage more work from them. We need to look into this further. Any changes need to go before the Board of Education, and **Jim Goulet** conveyed his support for more physical activity built into the school day. The principals would have to reinforce this to the teachers at each building.

Kristen shared that we are on our way in developing a new policy, but we need some time to work on this further – more time than in a morning meeting. Suggestions were made to form a sub-committee to meet on those 3 half days we have the last week of school in June.

Wellness Meeting May 20, 2015

Year Review:

Met in October, November, January, March and May

We looked at new regulations working towards updating our current Wellness Policy

Although we have really been ahead of the game in regards to District Wellness our plan and our initiatives there are parts of the plan that need to be revised including a section which outlines the District's Goals, Implementation and Evaluation of these goals. We discussed adding a Social/Emotional set of goals as we believe this is an important part of student wellness.

Updating the plan is a work in progress, but something we hope to complete by January of next year.

We also gathered information regarding Classroom Celebrations to gauge where we are at with healthy celebrations

We are seeing a trend toward more monthly birthdays, healthier holiday celebrations and more movement in the classroom.

Focus on raising awareness through educating teachers and students

Wellness Fairs in almost every building

Shared "Best Practices" not only in our meetings, but through the newsletter

Inform teachers of programs which can be incorporated into the classroom

We continued to provide faculty/staff with Wellness initiatives before each of the PDC Days and information in the Newsletter to promote both awareness and exposure to healthy lifestyle practices and choices. As a committee we believe that teachers serve as educators and role models when it comes to all areas of wellness including: nutrition, physical activity and social emotional stability.