

Wellness Meeting 11/16/17

Present: Lindsey LaDue, Sue Kratochwill, Jennifer Patruno, Laura Brown, Brittany O'Reilly, Christina Bartelli, Sally Dayger, Brian Wright, Kelly Galliher, Kristen Foote

Introductions- We have a new student representative from Baker, Christina Bartelli. Food Service also has a new dietetic intern, Laura Brown.

Kristen and Lindsey have been working on 2 wellness programs-

Maintain Don't Gain Holiday Challenge: Weekly newsletters with health behavior tips, keep track on log, submit totals at the end of the program via Google form. Kristen will send sign up e-mail to all staff this week 11/17 and Lindsey will send weekly newsletters/program information and log. Program runs Monday 11/20- Sunday 12/17 (4 weeks). Encourage staff in your buildings to participate- open to all, no prizes- just awareness/encouragement for the holiday season. This program is meant to gain interest in our next wellness program...

Biggest Winner 2018: January-February 2018, 6 weeks ending right before February break. Kristen and Lindsey will run live meetings 4 times with the option of after school (3:45) or evening (6:30)- mostly Thursdays with 1 Wednesday. Participants may weigh in at these meetings or at home. Topics include intuitive eating, incidental eating, Willpower, etc...Minimum of 10 people registered to run live meetings. Focus of meetings is weight loss/maintenance. Committee suggested having posters to advertise ahead of time and possibly introducing the program at staff meetings.

Girls on the Run: Excellent feedback on this program and the message it sends. Committee talked about providing band bracelets to all participants for Paige's Butterfly Run with an inspirational message. These can also be given to wellness program participants. Brian will check with Tim to see if we have funds available. Christina will meet with Kristen to brainstorm ideas for bracelet phrases.

Couch to 5K: Possibly starting after the Biggest Winner? Committee talked about compiling a list of local runs.

Last PDC Day was a success- apples, chocolate, mindfulness

Wellness Goals: Physical Activity and Nutrition- Assess your buildings for progress. Talked about focusing on changing reward systems (discouraging unhealthy foods as rewards). Ideas included "Birthday Bags," extra recess, recognition on a board. The Positivity Project has been successful in several buildings.

Website needs updating. Lindsey will send Kristen information on nutrition resources to include.

Kristen is compiling information for a new wellness newsletter in December.

NEXT MEETING: Thursday January 18th, 2018