

BCSD Wellness Meeting 12/13/18

Present: Kristen Foote, Brian Wright, Lindsey LaDue, Hayley Mielnicki, Sue Kratochwill, Kelly Galliher, Brittany O'Reilly, Colleen Natale, AnneMarie Kanoza, Jen Patrino, Patty Leader, Joy Aukema

Wellness Modules

Kristen, Lindsey, and Hayley recorded 5 video modules for use in staff wellness. Topics include program introduction, non-diet mentality/intuitive eating, fitness, mindfulness, SMART goals and what's next? They used the green screen set-up at Baker with the help of Leslie and several students. January staff meetings - packet of info (paper or available on Google drive)
Hopes that some buildings will pick up the program like Kate Reap did at Reynolds
May be a 10 week program or however they would like to structure it on their own
Wellness committee previewed a video sample, will be sent others

Wellness Newsletter

Buildings sent info on wellness in their buildings to K.Foote - including building events, pictures, etc. If anyone has healthy celebration events, please send info to Kristen.

Food Service

Receiving donations for students who are low on money for their school lunch accounts.
FSD is able to supply nurses with juices, etc.
Brian, Hayley, and Lindsey visited government classes to give National School Lunch & Breakfast overview. Received good feedback from students.
Health classes - Hayley and Lindsey visited 7 health classes at Durgee & Baker. Surveys given to all students regarding food service offerings.
Smoothies - Wellness clubs - Reynolds, Elden, Palmer - kids will make and sample. These are a choice on the menu (VanBuren interested too) 20-30 kids per club
Lindsey has visited wellness clubs to provide an interactive MyPlate lesson in gyms for wellness clubs (Reynolds and Elden, to visit Palmer in January)

Reynolds & Elden

After school wellness clubs - Kristen came for a mindfulness and chocolate and meditation session and Lindsey did an interactive MyPlate session.
Elden may also do a K-2 program
Financial barriers for physical activity - wellness clubs are great exposure to yoga, karate, wellness, etc. providing other life skills to students with limited finances
Wish list - after school bus for Elementary
Mix up days of the week for meetings - Available to various parents & students with multiple activities after-school
VanBuren plans to start up wellness club in the spring.

McNamara

Wellness day in February - planning. Basketball club - split to grade levels and gender based on large enrollment.

Durgee

Large number of students involved in sports/clubs - modified boys volleyball great addition

Wellness day planning

It's a Wonderful Run - Teachers

Palmer

STEM, Wellness Club, Dance - lots of after-school activities

Baker

Wellness Day- Upstate - Meditation, EFT, Salsa, ropes course, fly fishing, etc.

Teachers lead sessions

Lots of variety, appreciation, encouragement

“\$20 day” example with K. Foote - student encouragement/involvement

District-wide wellness day in future?

Board Meeting in June

Share info on wellness clubs

Next Meeting: Thursday February 7th, 2019 at 7am in DO Conference Room