

Wellness Meeting 2/15/18

Present: Kristen Foote, Brian Wright, Sue Kratochwill, Christina Bartelli, Jennifer Patruno, Brittany O'Reilly, Colleen Natale, Chris Campolieta, Kelly Galliher, Candy Sweeney, Jim Goulet, Sally Dayger, Lindsey LaDue

Food as reward in the classroom was discussed. Committee members were asked to review the current list of alternative rewards and give feedback to Kristen by March 12th. An updated list will be given to teachers for PDC Day on March 16th and will be updated in the wellness policy and on the BCSD website. Brian suggested that we create a survey for teachers to see what they are currently using and recommendations to add to the list so we may share results with the board.

The **bracelet bands** have been designed for students preparing for Paige's Butterfly Run in June. Buildings with student participants will get a final tally of numbers so bracelets can be ordered.

March PDC day (March 16th)- Spoke about prepping ~200 bags for staff members on behalf of the wellness committee. Last time this was very successful. Items may include granola bars, chocolate, apples, and relaxation reminders. The committee was asked to let Kristen know if they can obtain items for the bags within a week or 2.

Building Healthy BEEhaviors- Wellness program created and presented by Kristen and Lindsey Program. Overview, results, and material discussed. The information was well received and we would like to have more participation. We discussed the possibility of repeating the program after spring break when we can venture outside in warm weather, or attaching information to the Couch to 5K program. Each building rep was given a folder of the information discussed to bring back to their school.

Couch to 5K program was discussed. Colleen suggested making the program a "Challenge by Choice" to encourage members of all exercise levels to join and break down levels by starting point (walk, jog, etc). The program would not have a specific coach, but possibly 1 wellness committee member per week who is there to sign participants in and meet with them. We also discussed incorporating intervals using the fitness stations across the campus with "healthy tip" stops throughout. Kelly is going to ask Maureen Miles at Durgie as she has interest in starting a running group.

Overall, it was suggested that we need an **energetic, in-person introduction for wellness programs** moving forward to gain more participants. Brittany suggested timing program start dates/registration with staff meetings so wellness committee members may introduce the programs and encourage participation in their buildings.

Kristen is compiling information for a new **wellness newsletter**. She will receive anecdotes from our Building Healthy BEEhaviors participants to include as part of the information. The BCSD website is being updated and the newest version of the wellness policy will be sent to Eric Wilson.

NEXT MEETING: Thursday, April 19th 2018