

BCSD Wellness Meeting 2/4/2021

Present (virtually): Kristen Foote, Brian Wright, Lindsey LaDue, Matt Yager, Colleen Natale, Jen Patruno, Marion Higman, Amy Byrne, Candy Sweeney, Kelly Galliher, AnnMarie Kanoza, Sophia Ianno, Patty Leader, Sue Kratochwill, Jessica Volz

Kristen started off the meeting by sharing a slide on toxic happiness vs. rational optimism and offered to share more session information about a conference she participated in.

- I. **OPTIONAL Virtual Wellness Day 3/12**
Kristen stressed the importance of advertising the staff wellness day as an *optional* event. Based on our wellness inquiry results, we are providing information and sessions to interested staff members. The committee watched a sample recipe video by Drew Howland & Lindsey LaDue (editing assistance Leslie Cartier).
- II. **Timeframe Options, Logistics**
 - A. Offer links with time frames or just list of links - Kristen to send Google form to gather committee feedback
 - B. Introduction with Dr. Nanavati - Live? Discussed live vs. recorded option and seemed to be leaning towards recorded. Feedback to be compiled in Google form sent by Kristen.
 - C. Evaluation Completion for Prizes - The committee aims to gather data on the virtual event to measure effectiveness. We discussed encouraging participation with potential for winning prizes after evaluation completion.
 - D. Advertising - Kristen and Lindsey can work on advertising materials to distribute to committee members in each building.
- III. **Workshop Ideas/Confirmations**
 - A. Recipes - Lindsey & Drew filmed 3 recipe videos (staff, elementary students, secondary students). Lindsey also filmed a staff session on non-diet mindset/intuitive eating.
 - B. Willpower, Cardio Yoga - K.Foote & H. Kowalski
 - C. META Moment - K.Foote
 - D. DHF - Patty is in contact with Dynamic Health & Fitness. They may want to present their HomeFit app (mobility, strength, power, etc.). K. Foote to check in to determine if promo to staff is okay.
 - E. Legal to post YouTube videos? - If the committee does not have a recorded 20 minute at-home workout video for that day, consider posting YouTube workout links if allowed.
 - F. Confirmation Deadline: February 23rd for session topics**
 - G. Video Link Deadline: March 8**
 - H. Other - Google classroom vs. folder? Jess Volz to check in about Google classroom option.
- IV. **Newsletter** - Committee will send Kristen any articles/materials for the upcoming wellness newsletter. Kristen mentioned Drew Thomas and sleepfoundation.org for some excellent resources on sleep.

Next Meeting: Thursday, April 8th 2021 at 7:00am (Google Meet)