

BCSD Wellness Meeting 2/7/19

Present: Kristen Foote, Brian Wright, Lindsey LaDue, Candy Sweeney, Madison Jordan, AnneMarie Kanoza, Colleen Natale, Jessica Volz, Brittany O'Reilly, Jen Patrino, Chris Campolieta, Joy Aukema, Matt Yager

Introductions - Kristen introduced Madison Jordan, our new student representative from Baker. She is very interested in wellness and nutrition.

Building Healthy BEEhaviors Staff Wellness Program- How can we advertise on PDC day in March? Screens - Emily Martins - Can we play our recorded videos on the screens at Baker for PDC Day with food handout to draw people towards it? Wellness reps did share information on the program in their buildings.

Elden - Wellness Club for grades 3-5 went very well. They are now doing the club for K-2 through the end of March. Girls on the Run will run March through the end of year. Intramurals are finishing up soon and have been in session since December - Boot camp, volleyball, snowshoeing, games, etc.

Reynolds - Pickleball club - pleased with student turnout, faculty have tried as well. Many have asked about continuing the program next year. March - basketball for faculty "Challenge by choice". Ultimate Frisbee Club, Grades 3-5 - asking to take it outside, faculty interested as well. L.L. Bean discovery school visited - knot tying, orienteering/mapping preview for outdoor session. More brief motor breaks - wellness walks, kids are moving more even for a brief time within the building. Elden concurred.

MacNamara - Wellness Day next Friday 2/15 - Zumba, karate, snowshoeing. Doctor and a PA are visiting to talk about nutrition, heart health, staying germ free. Girls on the Run starting in March.

VanBuren - Wellness Club starting after February break - possibly 1 day/week on Tuesdays, not sure how many weeks yet. VanBuren sports night - coaches from Varsity sports do a mini clinic to show what we have to offer. Younger students got outside for sun salutations this week.

Baker - Pickleball Club started. Service project for Ray - students will talk to younger students on what it's like to participate in sports, positive mentality.

Food Service - Smoothies at Palmer Wellness Club this week, have already been to Reynolds and Elden - 5-6 blenders, discuss healthy snacks, students make the smoothies. School lunch - theme weeks throughout the district (brunch for lunch, Italian, etc.). Lunch participation is up overall (3 big schools are up), a couple elementaries are down, breakfast down at some. Logistics struggle - where buses unload, admin support, pressed for time. Free/reduced numbers - if all free/reduced students participated in school breakfast we would anticipate 3 times the participation. Joy suggested bringing up at staff meetings to encourage breakfast participation. To discuss breakfast in the classroom further going forward. Bid opening soon for

Baker kitchen renovation - there will be limited facilities - A la carte/breakfast may be in foyer and 1st/3rd bays will have the lines.

Kristen - Will prepare a spring newsletter. Corporate challenge? Wellness reps - please share material for the newsletter with Kristen. Julie Carpenter shared BMI statistics for the district.

School Dietitian - Elementary wellness clubs before/after school (back to Elden for K-2 and Palmer in March). Preparing for state review of food service department. Maintaining extensive allergen list for nurses and staff. Plans for Reynolds wellness day in May.

Ray - Intramurals to start

NEXT MEETING: Thursday, April 25th at 7am in the DO Conference Room