

BCSD Wellness Meeting 3/5/2020

Present: Kristen Foote, Madison Jordan, AnneMarie Kanoza, Patty Leader, Jen Patrino, Kelly Galliher, Lindsey LaDue, Matt Yager, Candy Sweeney, Jessica Volz, Jamie Bodenlos, Colleen Natale, Joy Aukema

Core 4 Wellness Book - Working through stressors exercise discussed by K. Foote as the committee "wellness minute" of the day. Please bring to PDC Day if you finish the book so we can disseminate to buildings.

PDC Presentations - Candy is providing a session to introduce Hip Hop Public Health to teachers (appropriate and on-topic rap songs with dances for the classroom). K. Foote to provide **Interventions for Mindfulness** - Self-care for the caretaker including topics to use with students.

Positive Messages for Teachers from Students - Brainstorm ideas for next year. Discussed putting something a "calendar coupon" so everyone would have a copy to hand out to recognize a positive trait or quality in a teacher. Thank you notes, "notice good" boards, and universal emoji symbol with post-it style notes also discussed. Possible pitch to student councils in order to begin next year. K. Foote will compile thoughts and share with the group. Focus on modeling and appreciation.

Wellness Newsletter - To be sent out on PDC Day. Sleep, stress, nutrition topics to be included.

Building Happenings

Reynolds - Wellness Day ~ 4 different locations (Syracuse Crunch skills challenge, Karate & Kickboxing/Self-Defense (Ianuzzos), Dance (Infinity Dance), Healthy Snacks w/ Brian & Lindsey (smoothie samples, nutrition in action). Wellness Club also currently running.

Jamie (parent rep) - Psychology professor at Hobart & William Smith, starts her class with meditation. Using Book of Awakening by Mark Nepo.

McNamara - Wellness Day - rotated through classrooms (nutrition, mindfulness, breathing, crosswords/activity sheets, karate, Zumba, etc.). Morning walking club for staff. Wellness club kickoff at later date.

Dietitian - visited Reynolds Wellness Day with Brian for 6 sessions (smoothie samples and active nutrition games). Lindsey visited Elden wellness club for MyPlate discussion and relay games. Plans to attend Reynolds wellness club March 19. Lindsey is strongly focused on building healthy relationships with food, helping students adopt the no "good or bad food" mentality to avoid eating disorders in the future.

Elden - Wellness Day (karate, dance, cooperative games, classroom sessions (nutrition, bike safety, therapy dog, hygiene with the nurse, dairy princess, dental hygienist). Wellness Club for 2nd/3rd grade (sledding, intramurals, snow shoeing, volleyball, boot camp). Classrooms are participating in classroom wellness such as GoNoodle.

VanBuren - Wellness Day March 12th - DeSimone martial arts. Wellness Club - running session with Jen. Joy worked on nutrition unit with K-2 (chart to try new foods from each group).

Durgee - Wellness Day was successful (walking, chalk art, corn hole, coloring/music, board games, volleyball, basketball, weight room). Kelly placed positive cards in staff mailboxes for those that helped with wellness day. Durgee honored students who raised GPA recently. Positivity project cards continue to be used. Mindfulness and meditation in the library and no electronics time. Positivity traits shared for each team senior involved with Kelly's team.

Palmer - Wellness Day May 22nd - Dynamic Health & Fitness kickoff, yoga, dance, karate

Madison (Student Rep) - shared a takeaway quote from Core 4 Wellness. Currently in PT program at Upstate. Interested in the health/wellness field and discussed shadowing Lindsey.

Kristen shared the "**I Believe**" event information - Sunday, March 29th, 2020

Group briefly discussed **food options** due to parent concerns. Lindsey shared that foods need to fit within state guidelines and the importance of exposing children to different choices so they can learn to choose what is best for them, including treats. Some school foods are specifically made for K-12 (ex. lower sugar cereal, etc.) and the main goal of the school breakfast/lunch programs is to feed hungry students while trying to avoid food waste as much as possible. To be discussed more at a later date.

NEXT MEETING: Thursday, May 21st 2020 at 7:00 am - District Office Large Conference Room