

### **BCSD Wellness Meeting 4/19/18**

*Present: Kristen Foote, Lindsey LaDue, Brian Wright, Candy Sweeney, Anne Marie Kanoza, Jim Goulet, Sally Dayger, Patty Leader, Jen Patrino, Brittany O'Reilly, Sue Kratochwill, Chris Campolieta*

**Informational handouts** are left over from PDC day. Info includes “breathe” reminder cards and alternative to food as rewards. Wellness committee members took copies and some extras for their building staff rooms.

The **wellness newsletter** went out last month. Kristen asked for school wellness news, etc. for our next newsletter (last one of the year).

The **BEE Healthy program** will be offered again for 4 Wednesdays in May from 3:45pm-4:30pm (minimum of 10 participants). The wellness committee was asked to send the program information to their individual buildings in addition to the district-wide notice. Reynolds Elementary created their own version of the program and staff members have been meeting weekly to develop support and comradery for healthy behaviors. Kristen will be visiting for a weekly info session in their building as well.

**Girls On The Run** has been widely successful. The program includes lessons, activities, and group runs. In addition to physical activity, girls are taught about health, body image, and more. Bracelets have been ordered – “Bee Brave Bee Strong”- for the girls to wear for **Paige’s Butterfly Run** in June. We also expect to have some extra bracelets to share for special wellness events, etc. Committee members were interested in a version of this program for boys.

The **Corporate Challenge** has 6 members registered for the B’ville team so far. Maureen Miles has started a running group at Durgee. Discussed the possibility of creating running groups after school for staff in all buildings next year.

Discussed the need for afterschool physical activity programs for **Ray Middle School (6<sup>th</sup> graders)** to fill the gap between elementary school and modified teams. Currently intramurals are being offered. Fuel Up to Play grants may be another option.

**Vera House** will be doing a program on healthy relationships geared towards girls in the future. The committee was also interested in a version of this program for boys.

The **Food Service Department** is now offering 5 **new smoothies** as an alternate entrée on Thursdays at Elden, Palmer, and Durgee using blenders from the Dairy Council. Average sales are about 50 in each building. Sampling events the week prior to serving helped advertise the new items. If all goes well in these buildings, the program may roll out to all buildings by June.

Sue shared information on her **CSA** (vegetable shares). Maureen’s Hope Foundation is putting on the “**iBelieve**” event on April 29<sup>th</sup> for those interested.

Kristen will collect lists of information on the wellness events in each building at our next meeting for the **BOE meeting** in June.

**NEXT MEETING: Thursday, May 17<sup>th</sup> 2018**