

BCSD Wellness Meeting 5/17/18

Present: Kristen Foote, Lindsey LaDue, Brian Wright, Candy Sweeney, Anne Marie Kanoza, Jim Goulet, Sally Dayger, Jen Patruno, Colleen Natale, Christina Bartelli

The committee **reviewed goals** from the start of the school year. Overall, we have made great progress this year in all categories. Indirectly, we gain feedback from teachers/students through our wellness committee building representatives. Our **goal chart** will be an excellent tool for the BOE meeting in June. The committee discussed the **evaluation** piece and ideas for future data collection. However, as a whole we have made great strides in our district wellness over the past 3 years and are heading in the right direction.

Each building representative submitted their **yearly wellness activities** for Kristen. School building reps were also asked to provide schedules of activities for their wellness days to include with our BOE materials.

There will be a **climate survey** at the High School in the future. Information collected will include mental health and other wellness topics.

Reflecting on the year, the wellness committee provided several staff wellness programs including **SmartFuel Holiday Health Challenge and BEE Healthy**. Reynolds continues to hold afterschool meetings for their own version of BEEHealthy thanks to Katie Reap. Colleen was asked to provide information on using free weights. The program has been a great success. Info is compiled on google drive so that participants may access it if they need to. Next year, we would like to supply this information and other resources for all buildings so they are able to start similar groups without traveling to a central location.

Kristen highlighted the numerous **school dietitian activities** throughout the school year (thank you!).

The **bracelets for Girls on the Run** have arrived. All students participating in Girls on the Run will receive a bracelet for Paige's Butterfly Run.

We thank our **board members and committee volunteers** for their continued support of our wellness efforts throughout the district.

Kristen will be present at the **BOE meeting on June 4th**.