

BCSD Wellness Meeting 5/9/19

Present: Kristen Foote, Brian Wright, Lindsey LaDue, Patty Leader, Jen Patrino, Jessica Volz, Matt Yager, Colleen Natale, Ann Marie Kanoza, Madison Jordan, Candy Sweeney, Kelly Galliher, Amy Byrne

Board of education wellness updates have been sent to Kristen by all buildings. Overview of recent wellness happenings in buildings/departments below:

Palmer

Maureen's Hope bracelets - Student Council

Wellness Day May 24th - Dynamic Health & Fitness kickoff, News Channel 9 coming

STEM club

Elden

Wellness Day May 24th - ½ Day

Intramurals, wellness club, Girls on the Run, Student Council, STEM club

Reynolds

BeeHealthy Wellness Day May 24th - Dietitian - Nutrition in Action, Nurse - Healthy Hygiene, Elevate Fitness - Tennis, Infinity - Dance

BeeFit Field Days

Ultimate Frisbee Club, Pickle Ball, Cooperative Games, Dance

Hope to repeat next year

Discussed money aspect of Girls on the Run. Expense has been a deterrent. Parents have been asking if there is a similar program for boys. We discussed possibility of creating an in-house program.

Baker

Chrissy Rhodes - Food & Nutrition, gardening club, healthy dinners for chemo patient

Zen den before Regents - therapy dog, calming jars, guided imagery

Seniors in June - outside event? (frisbee, etc.)

5th Grade Celebration, Elden for swim

Durgee

Positivity trait - recognize student/staff

Library set up as zen space

Open gym available during lunches

Maureen Miles - Wednesday running group for staff

Trend towards healthier snacks - Parent has brought in fruit every day for staff to distribute

Track - 130 students, involved in other sports as well

Seemed to notice a large increase in students participating in sports

Madison (student rep) - Member of track team, threw well last night

Kristen - chocolate meditation PDC day, discussion of character strengths, VIA strengths survey to find character strengths. She is compiling information for the final wellness newsletter of the year.

Food Service - Brian and Lindsey attended a Dairy Council event in Rochester. Gathered info from other districts, opportunity for Fuel Up to Play 60 by building (focus on Elementary and Middle School). Idea for Ray. Smoothie making at wellness clubs was successful. School breakfast and lunch participation have both increased. Breakfast sandwiches are popular. Cook manager at Durgee is an outstanding addition. Durgee breakfast jumped from about 20 students to 70 at Durgee breakfast this year.

Corporate Challenge - 25 people signed up to run

It was suggested that Kristen lead a mindfulness/meditation short session for wellness committee during meetings.

2019-2020 Meeting Dates: September 26, November 21, January 16, March 5, May 21