

## **BCSD Wellness Meeting 9/26/19**

*Present: Kristen Foote, Brian Wright, Lindsey LaDue, Jessica Volz, AnneMarie Kanoza, Colleen Natale, Amy Byrne, Patty Leader, Sue Kratochwill, Jen Patruno, Kelly Galliher, Matt Yager, Candy Sweeney*

**Introductions**, reviewed meeting dates for the year

**PDC Day October** - Past years - stretching, apples/chocolate. This year - morning meditation at HS? Motivational cards to each building? Group liked the meditation idea. K. Foote may provide session. VIA personality traits - find your strengths, positivity project, reflection (K.Foote invited group to join)

Discussed methods of **collecting data** to demonstrate increased participation in wellness events - Wellness Clubs at elementary to keep track. STEM, student council, wellness - gather all participation numbers and feedback from staff. Simple survey on interest in wellness activities, general health status (sleep, etc.). Lindsey/Kristen to develop short survey for staff.

**Reviewed goals** of nutrition/physical activity from wellness policy

November meeting - Bring **wellness celebration ideas** from buildings, to create "Top 10", planning for a **November/December wellness newsletter**

K. Foote gave each committee member a "carpe diem" card to give to others as a "**pay it forward**" idea.

### *Building Reports*

**Food Service** - Baker kitchen under renovation. Grilling on Thursdays. Seating for 370, short-term until construction is over around January. Making food at Durgie and shipping over to Baker. 6-9 entrees per day currently (multiple wraps, salads, subs, parfaits, entree of day, etc.). Coming up - 27 different toppings for salads/subs, 5 service points. Offered potential future meeting at Baker to see new set-up, cafe.

**Reynolds** (Colleen) - Wellness Club - Lauren at Infinity Dance visited, cross country club 3x/week in mornings, Pickleball - 3 outdoor courts, working on indoor

**Elden** (AnneMarie) - Cross country club 2-3x/week during wellness time, Wellness Club starts Oct 10 (Grades 4-5, Grades 2-3), trying some different things this year (photography, board game day, etc.)

**McNamara** (Jessica) - Cross Country, run/walk club starting up (4-5, 2-3), Wellness Club

**Dietitian** (Lindsey) - spoke to JV/Varsity Girls Tennis teams re: sports nutrition, upkeep of extensive allergen/carb lists for nurses

**BOE** (Matt/Jen) - reviewed goals from last year, positivity project, making student-centered decisions looking at the whole student

**Durgee** (Kelly) - Meditation in library, character strength of week - teachers choose someone in class demonstrating character. Many students participate in sports. Modified boys team has been doing well (recently won invitational out of 18 schools in category). Kelly thanked elementary schools for promoting cross country

**Ray** - Intramurals, Fuel Up to Play 60 (option). The group discussed 6th grade, gap in running activity opportunities between elementary and 7th grade. Looking for a rep to join wellness committee from this school.

**Palmer** (Patty) - Andy (PE/Wellness Club) running club, student council, positivity project, wellness club starting soon, interested in morning wellness activities for staff as Reynolds is doing

**NEXT MEETING: Thursday, November 14 @ 7am**