

## **District Wellness Meeting Minutes**

1/13 2021

**In Attendance:** Amy Byrne, Candy Sweeney, Chris Campolieta, Jen Patruno, Kim Vile, Sue Kratochwill, Colleen Natale, Brian Wright, Kristen Foote, Kelly Galliher, Annmarie Kanoza

### **WellSat 3.0**

We reviewed the purpose of the WellSAT 3.0 - 3.0 is a tool to use to assess the written Wellness Policy.

There are five policy areas that are scored: Nutrition Education, USDA Standards for Meals, Nutrition Standards, Physical Education & Physical Activity, Wellness Promotion and Marketing. A subcommittee met to complete the WellSAT and will use the information to revise the current policy for the Triennial Assessment.

We will use this information to revise the Wellness Plan

### **WellSAT 1.0**

While WellSAT 3.0 is used to assess the District's written policy, the WellSAT 1.0 is designed to get an idea of what is actually happening in our district. Questions cover same policy areas as in the WellSAT 3.0

Kristen will create a Google Form which covers the questions in the WellSAT 1.0 and send it to each school representative. The subcommittee will work to compile the information and assess practices using the WellSAT 1.0.

### **Newsletter**

Winter Newsletter went out the day before break and received minimal, but positive feedback. Next newsletter will go out before spring break.

Kristen reminded us that articles and information in the newsletter are based on employee's responses in the December 2020 Staff Wellness Inquiry.

The Wellness Committee discussed creating an updated inquiry this year to help develop programming for next year.

### **12 Days of Holiday Gratitude**

Kristen reported that 57 staff members joined the 12 Day Challenge, designed to create "calm" and gratitude through the Month of December. Feedback from the participants was very positive!

Kristen will develop a District Wide Wellness Challenge for March similar to the one they did at the high school last year. Participants will pick an area (s) of Wellness (i.e. mindfulness, physical activity, nutrition, etc.) to focus on during the month of March.

### **Food Service Visits to Wellness Clubs**

Brian Wright reported that Food Service has been visiting the after school Wellness Clubs at the elementary schools. Students are "making and tasting" healthy smoothies!

### **Mindful Moment**

Kristen gave information, (including a short video and article), regarding PMR (Progressive Muscle Relaxation) which is a technique designed to create relaxation and focus.

Next Meeting is 2/17