

Wellness Meeting Notes (KF)

October 21 2021

Mindful Minute: Physiological sigh -- breathe in two breathes - exhale long - repeat 3x create focus

I. Introductions

Welcome Shelly Goeckel BOE

Amy Byrne confirmed that Sophia Ianno will be student rep

Kathy Haas may have a parent rep

Still need Rep from VB - Kristen will check with Carole Clarke

II. Onondaga County Health Dept/NYS DOH Creating Healthy Schools/Communities Grant

Jackie Shostack/Kathy Mogel Haas- Onondaga County Health

Town of Van Buren qualified for grant based on BMI (obesity) Academics

VB schools: Ray, Reynolds, Van Buren - However all schools can be served by the grant

Intention of grant is to make sustainable changes, environmental changes to create healthy communities; DOH will work with District and ind schools to access policies and needs

Jackie shared several projects/activities we can get from DOH now, including Activity \$ Indoor walking trails

III. Wellness Policy Review

Goal I this year is to review the District Policy -

Kristen asked for volunteers to review the District Policy (maybe 11/2?)

Kristen shared WellSAT ~ <https://www.wellsat.org/wellsat-i.aspx> it is an assessment tool

a can be used for the District Policy as well as in each building.

Jackie or Kristen will contact building reps to help with review

This will help us identify needs/ways to use grant monies, etc.

IV. Activities/Programs from County Health

Goal II this year is to continue to provide Wellness Activities/Ideas to staff

Surprise Reward/Reward Board - Kristen shared this activity from DOH

Spell Swell - An active spelling game

Indoor Activity Trail - Jackie shared several types of walking trails - ¼ mile indoor arrows = about 10 minutes to walk. She also has activity stations

Mindful Monday Ideas - Kristen suggested putting together a "toolbox" of activities for secondary (and elementary) teachers - this could also be part of newsletter

V. Ideas for 11/2 Faculty/Staff Wellness

Goal III for this year: Continue to provide Wellness/Mindful Activities for Staff

Amy Byrne confirmed that the "Wellness Library" is still accessible - send email to faculty/ staff for reminder.

11/2 offer Video Meditation (Kristen said she would be willing to do in person in schools if they wanted)

Wellness "Nuggets" - sending out small info nuggets with goals -- i.e. 8 glasses of water

Apples - Shelly is going to see if we can get apples donated for 11/2 - Kristen will create a "mantra" card

Produce Boxes - June - September - Emmi farm \$10/box revisit in June

VI. December Newsletter - Info/Articles/Ideas to Kristen by 12/7

Next Meeting 12/16

