

Wellness Council Minutes 1/30/08

- Sub-Committee Reports:

Nutrition – Surveys went out to district teachers and Baker High School students, thanks to Beth Mahon. The numbers weren't high for teachers completing the survey, so Superintendent Dangle asked the Wellness Council to submit the surveys to her office and she will send them out to teachers. This is a good opportunity for teachers to share their thoughts and ideas about food in the classroom.

The first Food Focus Group activity began with Baker students taste testing new foods featuring whole wheat crust pizzas, vegetarian burritos etc. The turnout was HUGE and the feedback overwhelmingly positive. Brian Wright organized the event and gathered the survey results. The popular choices will be featured on the district menu sometime this Spring, so that all students can try the new items. More Food Focus Group activities will be planned, and students will be asked to complete surveys which will help shape the school nutrition program.

Physical Activity – Bruce Quimby shared a breakdown of BCSD schools and a partial list of Wellness activities that each is participating in. They are as follows:

McNamara -

Staff: Weight lifting activities and instruction by Mark Bader, aerobics, "Biggest Loser" contest.

Students: Winter Olympics, Wellness Announcements, Amer. Heart Assoc. jump rope activities

Palmer -

Wellness Announcements, walking activities and annual Wellness Fair

Reynolds - Fun Fest Activities, Snow shoeing, Wellness Announcements

Ray -

Cross Country Skiing, Volleyball Intramurals, Fitness and Weight training activities

Durgee -

Staff: Biggest Loser contest, morning basketball

Students: Fitness room open 4 days per week with Mr. Sebast supervising

Baker -

Staff: Morning swimming, Fitness Room, "Biggest Loser" contest

Students: Fitness Room after school and evenings for all students, Handball tournament (proceeds go to the Food Bank)

Outreach/Education - "Wellness Wakeup Call" announcements began district-wide the first week of January and will continue throughout the year and into next year as well! Patty Smith was instrumental in researching different programs, and found the one best

suited to our needs came from the Coalition for Healthy School Lunches. Patty works with teachers at Ray Middle School to choose the best announcements for our students.

- The back of the lunch menu continues to have healthy tips and Wellness info for students and families, and Julie Carpenter has found some helpful new sources we'll be including on the menus beginning in March.
- A media project was discussed that would entail recording small audio/visual clips of students and staff engaged in Wellness activities – walking, working out, swimming in the morning before school, attending a Weight Watchers meeting etc.
- BMI reporting begins next year. The Wellness Council was asked to think about and contribute positive ideas and suggestions to offer families when their child's BMI indicates a need for healthy changes. Several resources were offered by members, including sample nutrition guides, the www.mypyramid.com website, and information from the Wellness across America program. Council members were asked to continue to think about this and send any ideas and suggestions to Shannon Cavedine or Julie Carpenter.

Next Meeting: April 30, 2008 at 7:30 AM @ the D.O.