

**Baldwinsville Central School District**  
**Wellness Council Minutes**  
**May 30, 2007 7:30 AM**

Attendance: Shannon Cavedine, Brian Wright, Bruce Quimby, Beth Mahon, Linda Law, Dotty Reid, Kathy Honsinger, Judy Tack, Pat Resseguie, Colin Kahl, Jeanna Gates, Amanda Sprague, Sheila Heaton

**Wellness meetings for the 2007 – 2008 school year:**

**October 24 at 7:30 AM**

**January 30 at 3:30 PM** (PM time at request of Baker administrators)

**April 30 at 7:30 AM**

**Report from each sub-committee**, included info on menu changes in the schools, PIN program, healthy vending machines, the Fitness Trail (scheduled for completion by August if all goes well), outreach opportunities included articles in the Beecon, BVille Bulletin, Messenger, district-wide email, and PR at Elden's breakfast program and Baker's healthy fund-raising (change from donuts to soft whole wheat pretzels). Also Palmer Elementary hosted a well attended Wellness Fair in April.

**BMI** reporting for Schools in New York State will be voluntary next year, but mandatory beginning the 2008 – 2009 school year.

Question Jeanne posed earlier this year **“What does a school excelling in Wellness look like?”** We used this question to guide the discussion and decision making for next year's goals and calendar. The meeting broke down into the three sub-committee groups, each with planning calendars with space to fill in tasks and person(s) responsible. Brain storm ideas were listed which included previous Wellness ideas as well as ideas submitted throughout the year from the school community.

**Nutrition** – Food Focus Group to begin at Baker to solicit feedback from students on menu and snacks, create awareness of fat, sugar and sodium in a daily diet. Recruit nurses to get the message to students through Olympics, Health Fairs, PTA's, Open House. Overlap with Outreach sub-committee to develop survey re parent interests/priorities for school nutrition.

**Physical Activity** – Fitness Trail open, promote through Kelly Cary, Intramurals, Walking Clubs (currently at Ray and Palmer) will be promoted and reps for other buildings will be sought, Open House “Wellness Table” will be coordinated, Kristin Foote will work on building a walk/jog team with a possible affiliation with the “Maureen's Hope Foundation.” Linda Law will work on activities announcements and recognition.

**Outreach** – Healthy Tip of the week announcements (at each level), Monthly district-wide email with Wellness info, one Friday per month at Baker a Wellness table in lobby

during lunches, seasonal Wellness articles for the Neighbors / Kelly Cary, Posters and promotional info for events to be done by student volunteers, Parent surveys.

**Wellness Council Reports** to Board of Education on June 18<sup>th</sup> (Brian and Shannon)

\*\* Please contact one of the sub-committees to jump on board and help – many hands make light work and we need everyone's involvement beyond the meetings. Thanks for your belief in Wellness issues and your willingness to be involved in creating a healthier school environment!