

# Wellness Committee Meeting

April 11, 2017

River Valley Conference Room

## Minutes

Members Present: Brian Bushnell, Susan Carey, Melanie Earnest, Mary T. Gricus, Michelle Iazzetto, Peggy Knight, Bev O'Rozco, Cathy Slee, Joe Tomasek, Susan Wulczyn

The meeting convened at 3:50 p.m.

A. Members recited the Pledge of Allegiance.

B. Review and Approval of Minutes from January 24, 2017, Meeting

Motion was made by Bev O'Rozco and seconded by Michelle Iazzetto to approve the minutes as presented. By a voice vote of "aye/nay," all committee members concurred with the approval of the minutes. The motion passed.

C. Comments from Audience

None

D. Introduction of New Chairperson: Susan Wulczyn

Mary Gricus introduced Susan Wulczyn as the new chairperson of the committee. Susan will assume chair responsibilities after current chair Mary Gricus's retirement in June, 2017.

E. Wellness Action Plan Items for 2016-2017

Food Service Bid

Mary Gricus shared the results of the food service bid staff survey. Members reviewed the survey results and noted that staff members will welcome expanded options for staff lunches. Member Brian Bushnell suggested that committee members participate in a food tasting with the vendors who submit food service bids. Mary Gricus indicated that she will share that recommendation with Business Manager Barbara Germany.

District-wide Staff Fitness or Athletic Event/s

The committee reviewed the results of the staff survey regarding a fitness or athletic event. Member Bushnell suggested that the committee disseminate information about a local gym to staff. After reviewing all of the survey data, the committee members tentatively agreed to begin planning a bowling event for a Thursday evening in late February or early March of 2018. Members noted that advance sign up will be required. Mr. Bushnell presented four gift cards from Massage Envy which were donated as prizes for the event. Mr. Bushnell noted that the Board of Education and local businesses may be willing to contribute financial support for some aspects of the event. Bev O'Rozco will contact the owners of a local bowling alley to gather information about reservations, cost, etc.

Wellness Action Plan Items for 2017-2018

Members reviewed the action plan for next year and noted that goals include: 1) Continue daily physical education in grades K-8; 2) Encourage nutritious choices at lunch through lunchroom activities; 3) Support staff wellness efforts through healthy lifestyle groups, staff exercise classes, and the like; 4) Implement K-5

Family Fitness Night [PTO Wellness]; 5) Conduct a staff needs assessment regarding wellness initiatives [in conjunction with District Insurance Committee]; 6) Solicit feedback from staff, parents and students regarding the District's Wellness Policy and 3-Year Plan; 7) Conduct 3-year Wellness Policy/Plan evaluation; and 8) Present evaluation and recommendations for improvement to Board of Education.

F. PTO Wellness Update

Old Quarry's PTO is sponsoring a Color Run on May 20<sup>th</sup>.

G. Membership Recruitment

The committee discussed the need to recruit additional members for the committee. Members reached consensus that the current committee has sufficient membership with representation from all three schools, as well as the administration and the Board of Education.

H. Other Items from Members

Bev O'Rozco noted that the committee may want to explore different activities which may motivate staff. Suggestions included a portable rock climbing wall, golf/driving range or an inflatable obstacle course.

Member Joe Tomasek reported that he continues to send information about brain breaks/physical activities to classroom teachers. Joe will consider surveying the teachers to evaluate whether his email blasts have increased the implementation of physical breaks in the classrooms.

Peggy Knight reported that the Old Quarry faculty/police basketball game was to be rescheduled.

Members discussed the best day of the week for 2017-2018 meetings. The committee members noted that Tuesdays would be the best option.

I. Adjournment

Melanie Earnest made a motion to adjourn. Motion was seconded by Bev O'Rozco. By voice vote of "aye/nay," committee members approved the motion.

The meeting adjourned at 4:32 p.m.

