

# **Wellness Committee Meeting**

## **April 20, 2015**

### **River Valley Room 32**

## **Minutes**

### Members Present:

Susan Carey

Denise Ciciura

Melanie Earnest

Mary T. Gricus

Peggy Knight

Erin Sczepanski

Shawn Ryan

Cathy Slee

The meeting began at 3:35 p.m.

- A. Review and Approval of Minutes from March 19, 2015, Meeting  
Motion made by Peggy Knight and seconded by Cathy Slee 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.
- B. Comments from Audience  
None
- C. Wellness Policy/Plan Evaluation  
Committee members analyzed the “Score Card” from the recent WellSAT policy evaluation conducted at the March 19<sup>th</sup> meeting. Using the sections that received a score of “0” or “1,” the committee added language to the district’s Wellness Plan to address the deficiencies identified through the WellSAT evaluation. The committee developed the action plans for the next three years. Members volunteered to present the 3-year evaluation report and updated Wellness Plan to the Board of Education in May.
- D. PTO Wellness Update  
Susan Carey noted that she is looking for PTO members to take the leadership for the PTO’s wellness activities. At the middle school, Erin Sczepanski shared that she will work with the Physical Education department to explore plans for a school-wide fitness event that will take place in the fall. Member Peggy Knight explained that two of the Old Quarry Physical Education teachers have recently

discussed organizing a run or other type of fitness event for students and/or families.

E. Other Items from Members

None

Erin Sczepanski made a motion to adjourn. Motion was seconded by Cathy Slee. By voice vote of “aye/nay,” committee members approved the motion. The meeting adjourned at 4:16 p.m.