

# **Wellness Committee Meeting**

## **January 20, 2015**

### **River Valley LRC**

## **Minutes**

### Members Present:

Peggy Collins	Denise Ciciura	Melanie Earnest
Mary T. Gricus	Bev O'Rozco	Erin Sczepanski
Cathy Slee	Rodney Trussell	

The meeting began at 4:00 p.m.

- A. Review and Approval of Minutes from April 10, 2014, Meeting  
Motion made by Bev O'Rozco and seconded by Peggy Collins 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. Review and Planning: Wellness Committee Action Plan Activities 2014-2015  
Reference: Wellness Plan 2012-2015
  - Continue staff walks.  
The committee reviewed the participation levels from the two walks scheduled during the 2013-2014 school year. Because the participation levels were very low (2 participants, 1 participant), the committee decided to suspend this activity for the 2014-2015 school year with the option to offer the activity again during the 2015-2016 school year.
  - Conduct a staff needs assessment regarding wellness initiatives.  
Mary Gricus will bring a copy of the needs assessment that the committee administered three years ago to the next Wellness Committee meeting. The committee will use that needs assessment as a template for developing this year's needs assessment.
  - Conduct focus groups and/or surveys with students to gather feedback about the food service program and Wellness Policy/Plan.

Mary Gricus noted that the current food service contract is in place through the 2016-2017 school year. Dr. Gricus related that Business Manager Barbara Germany requested that a survey and focus groups about the food service program be conducted at the beginning of the 2016-2017 school year so that the data can be used to inform the food service bid process. Chartwells Food Service Director Rodney Trussell informed the committee that Chartwells has been conducting informal taste testings with students during the current school year. He indicated that the focus is on new and healthier food options that look appealing and taste good. The feedback from students who have participated in the taste testings this year has been positive.

- Conduct 3-year Wellness Policy/Plan evaluation.

The committee discussed the evaluation that was conducted three years ago. Committee members noted that the WellSAT (Wellness School Assessment Tool) from Yale's Rudd Center used during the last policy/plan evaluation process was effective. Mary Gricus will check if the tool is still available. Mary Gricus suggested that the district may need to focus on more consistent implementation of movement breaks in academic classes. Committee members shared their experiences with movement breaks and their observation that movement breaks are used only by some teachers in each school. Bev O'Rozco named GoNoodle as a good, free application that she has been using to motivate her students to participate in movement breaks.

- Present evaluation and recommendations for improvement to Board of Education

Mary Gricus explained that the committee will offer either a written report or an oral presentation to the Board of Education in May or June of 2015.

#### D. PTO Wellness Update

Erin Sczepanski shared that the PTO is sponsoring the Plunge into Fitness incentive program (through Raging Waters) at all three schools. The K-5 PTO is sponsoring the Fun Run during the day on February 9<sup>th</sup> and Family Fitness Night on the evening of February 12<sup>th</sup>.

#### E. Other Items from Members

None

Melanie Earnest 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 4:30 p.m.