

Wellness Committee Meeting

March 19, 2015

River Valley LRC

Minutes

Members Present:

Susan Carey	Peggy Knight	Mary Gricus
Erin Sczepanski	Cathy Slee	Rodney Trussell
Caitlyn DePasquale (guest)		

The meeting began at 4:03 p.m.

- A. Review and Approval of Minutes from January 20, 2015, Meeting
Motion made by Cathy Slee and seconded by Peggy Knight 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. PTO Wellness Update
Susan Carey reported that the PTO Family Fitness Night in February had the highest attendance compared to previous fitness nights (140+ students and their families). Susan attributed the higher level of participation to the inclusion of photographs of the event activities in the marketing materials. Additionally, Susan noted that the Oakwood/River Valley PTO is donating \$300 to the campus garden. The PTO is looking for a wellness chairperson for the 2015-2016 school year. PTO representative Erin Sczepanski reported that the Old Quarry PTO is sponsoring the Plunge into Fitness activity (Raging Waters). The Old Quarry PTO has been exploring options for a middle school fitness event. Committee members offered suggestions for activities, including a fall family walk. Member Peggy Knight offered to collaborate with the PTO in planning an event.

D. Review and Planning: Wellness Committee Action Plan Activities 2014-2015

Staff Needs Assessment:

Mary Gricus reported that the district's Insurance Committee conducted a staff wellness survey at the beginning of this school year. This committee reviewed the data from that survey and concluded that the survey meets the goal related to a staff needs assessment that was outlined in the Wellness 2014-2015 Action Plan. Therefore, the Wellness Committee will not conduct an additional staff survey this year.

3-year Wellness Policy/Plan Evaluation:

The committee completed the evaluation of the district's wellness policy and wellness plan using the WellSAT 2.0 (Wellness School Assessment Tool) instrument hosted by the University of Connecticut. At the April 20th meeting, committee members will use the evaluation data to update the policy/plan and develop the next 3-year action plan. The committee will also create a report that will be presented to the Board of Education in May. Mary Gricus offered to make a health vegetable dip for the board meeting and Rodney Trussell agreed to make healthy brownies for the board. The recipes for both food items will be provided after the board meeting.

E. Other Items from Members

Due to conflicts with other events, the committee decided to start the April 20, 2015, meeting at 3:45 p.m.

Cathy Slee made a motion to adjourn. Motion was seconded by Susan Carey. By voice vote of "aye/nay," committee members approved the motion. The meeting adjourned at 5:01 p.m.