

Wellness Committee Meeting

March 5, 2018

5:30 p.m.

Old Quarry Conference Room

Minutes

In attendance: Monica Conway and Natalie Shrimpi, Parents; Damon Ascolani and Bethany Martino, Board members; Theresa Vesvary, PTO; Maggi Burkhardt, Melanie Earnest, and Susan Wulczyn, staff members

Agenda

- A. Call to Order- meeting was called to order at 6:02
- B. Pledge of Allegiance
- C. Introduction of new members
- D. Review and Approval of Minutes from January 23, 2018 Meeting- approved as written
- E. Comments from Audience- none
- F. Wellness Action Plan Items for 2017-2018
 - Support staff wellness efforts through healthy lifestyle groups, staff exercise classes, and the like.
 - Revisit survey results and plan for implementation of staff wellness activity- No decisions were made about staff activities due to the number of staff in attendance. This will be carried over to the next meeting.
 - Implement K-5 Family Fitness Night - carried to next meeting
 - Conduct 3-year Wellness Policy/Plan evaluation.
 - Review work of the Board policy committee- The Board policy chairperson assessed our policy using the WellSat Evaluation 2.0 tool; this was shared with the committee. Previous evaluations had utilized the Wellness Plan in conjunction with the policy. It was decided that this committee will defer to the policy committee to determine next steps.
 - Discuss development of 3-year Wellness Plan- The committee discussed several new possibilities for the next three-year plan and a draft will be considered at our next meeting. The possibilities include:
 - Wellness Fair with area businesses
 - Involving the students through visible teacher participation in healthy activities or public address announcements about winners of Wellness Bingo
 - Challenging students to “friendly competitions” to record more daily steps
 - Offering an event in conjunction with the Color Run planned for next fall at Old Quarry (Wellness Fair?)
 - Further healthy activities after school at Old Quarry - non-competitive sports, walking club, nutrition/cooking classes, or other fitness/mindfulness/yoga/stress management opportunities. S. Wulczyn will bring a roster of the current extracurricular activities to the next meeting.
 - Young Hearts for Life program to screen eighth grade students for potential heart disease
 - Encourage nutritious choices at lunch through lunchroom activities.
 - Follow up on “Food Committee” activities- Students are very busy with other activities and have not met.

G. Change in Committee name and scope

- Damon Ascolani suggested that this committee also manage the District's Safety concerns. While we already have a strong internal focus in this area, that focus may not be visible to parents. In addition, parents' ideas about safety are as important as those about health. The committee members agreed to incorporate this new focus.
- It was suggested that the name of the committee be changed to "Wellness and Safety Committee" and that we recruit other members who may have an interest in school safety. S. Wulczyn will recruit additional parents/guardians and staff members.

H. Other Items from Members- none

I. Adjournment- meeting was adjourned at 6:18.

