Minutes – District Wellness Meeting 1/29/15

Present: Kristen Foote, Marion Higman, Brian Wright, Bryan Morgan, Candy Sweeney, Anne Marie Konoza, Kerry Dal, Patty Leader, Marilyn Sindone, Sue Kratochwill, Jim Goulet, Amy Byrne

Newsletter: Kristen gave each member a copy of the draft of the next newsletter to go out to staff. The committee discussed possible topics pertaining to wellness to add. Kristen will continue to work on the newsletter.

Workshops: Bryan Morgan (Dynamic Health and Fitness) discussed the idea he has developed for webinars and asked if faculty would be interested. These would be pre-recorded segments for teachers/staff to use at their convenience. Ideas were discussed, including having the staff/faculty use these after school, (some people get together to do Zumba after school on certain days, or to walk). All they would need is a computer. The goal is to have more participation in activities, but holding after-school workshops in his facility may not be the best attended. This way, each teacher/staff member could log on and use these webinars whenever they wanted to.

Bryan explained that the short webinars would be educational, as well as, a physical workout. It was discussed linking these through the district webmaster. He could possibly have these ready by the PDC day in March, so we could announce at the PDC day and introduce these to the audience. Bryan explained his plan for starting with an introduction, and then progress with separate clips that could be built on each week. Examples are stress relief, mindfulness/awareness, nutrition, stretching, and weight loss. He would work with the staff to address any areas that are most important to them.

Bryan Morgan discussed the Free To Play Programs. (From the Gray Institute) Right now, it is currently being used in the elementary schools. It is a free, no-cost program, which positively reinforces exercise. It is similar to "Brain Break" used in the schools. It goes through all grade levels, occurring in the beginning or the middle of the day. Teachers can use at their own discretion.

Each session in Free to Play lasts about 2-3 minutes and the video clip can be brought up on the Smartboard. It involves squats, lunges, and stretches. It is designed to be easy for students to use, gets them up moving for a minute, and re-focuses them on learning. Each session is progressive, but teachers can start it at any time during the year.

Bryan, or Nick from Dynamic Fitness will come into a building faculty meeting to introduce it and get teachers on board to use it.

Wellness Policy: Kristen asked the committee members to look at the goals of the policy before the next meeting to check whether any of them need changing. A copy of the goals was provided to the committee members.

March PDC Day: Once again, the committee, with Bryan Morgan's help, along with Dynamic Fitness's staff, will conduct a "pre-PDC day event". From 7:00-7:45am, in the large gym at Baker, Bryan will run a "Rejuvenate" session open to all faculty and staff of the district. It will
Welcome to the New Year! We hope that you are rejuvenated and ready for winter! This newsletter will highlight winter activities, in our area, healthy practices and wellness initiatives in the District.

The Wellness Committee meets bi-monthly at 7:00am. Our purpose is to oversee the Wellness Policy and activities in our District. We are still looking for stakeholders from Reynolds and Durgae ~ if you are interested please contact Kristen Foote (kfoote@bvillage.org).

Beaver Lake Winter Activities — Awesome Fitness Options in our Backyard!

Cross Country Skiing

Beaver Lake offers 7 miles of trails. All ski trails are groomed daily, with the exception of the Blue Jay Trail which is groomed on the second Saturday of each month. Please note: Beaver Lake does not require skis, you need to bring your own.

Snowshoeing

There are 3 separate snowshoe trails at Beaver Lake which offer a new winter challenge. You can rent snow shoes for $5. Rent them from 9:00 am to 4:00 pm on Saturdays in January and February at 7:00 am on Sundays for folks with limited time. The experience will vary depending on the snow conditions. Be sure to ask at the Nature Center for more details. Call 777-4736.

Nighttime Skiing

Let it snow most luminous! Night skiing is available on Friday and Saturday evenings. Skiing is available Friday and Saturday evenings from 6:30 pm to 9:00 pm after the sun goes down. Check with the Nature Center for details.

The Nature Center's trails are open from 9:30 am — 5:00 pm, except during night skiing & snowmobiling when the Nature Center is open until midnight. Cost is $4 per car.
Send your health/fitness questions to Bryan @
Importance of water