

## Minutes – District Wellness Meeting 3/26/15

**Present:** Kristen Foote, Brian Wright, Marion Higman, AnneMarie Kanoza, Colleen Natali, Bryan Morgan, Jim Goulet, Patty Leader, Dana Kohut, Amy Byrne, Candy Sweeney, Marilyn Sindone

**January Meeting Minutes:** Kristen distributed minutes for committee's review.

**Pre-PDC Workout Wrap-up:** The session held before last week's PDC day was awesome! Bryan Morgan and his staff did a fantastic job, once again, and received great feedback from those who attended. Even the Varsity Girls Softball team, who was practicing in the small gym, came in and participated.

To increase the number of staff who could attend, it was suggested that the PDC start time be changed by a half hour to 8:30. This would allow more staff, who have conflicts early in the morning, i.e. child care hours, the opportunity to attend. We could start our workout at 7:30, instead of 7:00. The committee believes that more staff would attend at this time, based on the feedback we received from those who couldn't attend last Friday. Kristen was going to talk to Dr. Hamilton about this possibility.

Another possibility suggested by a committee member was to have the workout session run at 1:30, after PDC meetings. However, staff would have to come to Baker from other schools at the end of the day and we felt that this may be a drawback.

**Healthy Celebrations in Classrooms:** Kristen distributed forms to committee members from the elementary buildings to collect information regarding what is currently being done at each grade level for birthdays. Once collected, we will examine the data and come up with a plan to implement more "healthy alternatives" for classroom celebrations. Many classrooms are already changing their mindset, and having once-a-month birthday parties, and serving healthy snacks, moving away from the cupcakes, etc.

**Wellness Webinars:** Bryan Morgan and his staff at Dynamic Health and Fitness are developing Wellness Activities designed for teachers and staff to participate in after school. These webinars could be accessed at school, and a group of staff could work out and be educated by Bryan. His goal is to "Education to Application", so he would speak on different topics for part of each webinar, including activity to engage in for the remainder of time. The could be sequential, each building on the previous one.

Kristen spoke to Matt McDonald, who suggested we put these on the district website under our Wellness tab. No permission is needed this way. Kristen, as well as, Bryan, will speak to Mike Foster to assist in this endeavor. Bryan said he could design them to hit the seasons and where the needs are.

Some topics brainstormed by the committee at this time are:

- Stress Management
- Pain Management
- Nutrition
- Weight Loss
- Physical Fitness
- Stretching and Flexibility

Kristen asked Bryan to bring something to our May Wellness meeting so we can see an example of what he has planned. The staff can then discuss the program at our building faculty meetings. We plan on a start day of September, 2015, and it was suggested that we even have time allotted during our opening day assembly in the September to introduce this to the staff, district-wide.

**Fuel Up To Play:** Grants are due June 1st. A wellness inventory of each building needs to be completed, along with the lunch counts and number of milks sold. Brian Wright can supply that information for each committee member who is going to apply. Discussion followed on the Thurman Thomas presentation in Buffalo on this program. Some committee members are going.

**Next Meeting:** Moving the next meeting to the 3rd Thursday in the month, May 21st, at 7:00am in the district office conference room. At the time we will compile the information for our board of education presentation. Before that meeting, Kristen, Brian, his intern, and Marion will meet to go over our current District Wellness Policy and update where needed.