

BCSD Wellness Meeting 10/18/18

Present: Kristen Foote, Lindsey LaDue, Patty Leader, Kelly Galliher, Jen Patrino, Brittany O'Reilly, Anne Marie Kanoza, Candy Sweeney, Colleen Natale, Brian Wright, Sue Kratochwill

The committee discussed the **wellness stipends** available to those at the elementary schools for **Health & Wellness Coordinator** positions. Wellness activities take place before or after school. The stipend/position may be split between two people, such as with Ann Marie Kanoza and MaryBeth Cavalieri at Elden. Elden is structuring their programs in 1 hour, 8 week sessions - one each for grades K-2 and grades 3-5. Colleen Natale holds the position at Reynolds for students in grades 3-5 in 1 hour sessions after school through June, generally about 2x per month. Colleen will also implement Be Fit Faculty Friday for staff members before school, starting with pickle ball. There may still be openings for these positions in other elementary buildings and interested committee members were directed to contact Carol Clark.

It was suggested that the health & wellness coordinators work with the teachers to help promote **school day physical activity/wellness**. Following our audit, the committee discussed methods of incorporating active/wellness minutes via morning meeting time. Ann Marie has noticed an increase in the use of activities such as Brain Gym and Go Noodle in her building. Other ideas included meditation, breathing, and mindfulness. Kristen emphasized the need to start these ideas at the Kindergarten level in order to create district-wide success.

Brittany shared that students in her **music class** are active throughout the majority of specials time and also brought up the idea of a **P2 assembly** to increase logged wellness minutes. Brandy Dixon is the contact for coordinating Baker students coming to elementary buildings to discuss positive **focus words**. This may be a great avenue for school-wide wellness time (i.e. breathing methods, etc.). The committee seemed to be in agreement that it is important to leave recess as an unstructured activity to allow students to develop autonomy, be creative, and learn to be active independently to promote wellness for life.

The committee also discussed 6th grade as a "gap" in the wellness activities between elementary and sports teams. Brian promoted applications for **Fuel Up to Play 60**, a partnership between American Dairy Association and the NFL that provides grants for equipment and activities related to wellness. There have been **intramurals** available at Ray.

The group reflected on staff wellness programs from last year, including BeeHealthy. Kristen and Lindsey will work to provide **video/audio modules** for representatives to use in their own buildings by our next meeting. If there is interest, schools can then use these videos for their own after-school staff programs and may choose to incorporate guest speakers to extend it to an 8 week program. Topics may include intuitive eating, breathing/meditation, exercise, and non-diet/body positivity among others.

Sue suggested that we look into creating a challenge between buildings using the **Map My Walk** app. The app allows you to track miles, workouts, and more.

We are still looking for a wellness committee **building representative from VanBuren** as well as a **student representative**. Kristen will stay on as the committee **co-chair** through December and then plans to step down.

Next Meeting: Thursday, December 13th at 7am - DO Conference Room