

BCSD Wellness Meeting 10/22/2020

Present (virtually): Kristen Foote, Brian Wright, Lindsey LaDue, Matt Yager, Colleen Natale, Candy Sweeney, Jen Patruno, Sue Kratochwill, Marion Higman, Patty Leader, Amy Byrne, Joy Aukema, Kelly Galliher, Chris Campolieta, AnnMarie Kanoza

I. Welcome/Introductions - Process for this year will be to meet virtually. Kristen found a new student rep (Sophia Iono - sophomore) who will plan to join in for our next meeting. Marion Higman is back as our wellness rep for Ray Middle School and we now have a rep from every district building.

II. Local School Wellness Policy Assessment - Brian reviewed the Local School Wellness Policy assessment submitted in July 2020. Goals were reviewed including nutrition education, physical activity, standards for USDA Child Nutrition programs & school meals, wellness promotion & marketing, implementation, evaluation, and communication. The assessment is complete through the end of SY 2024. Brian also discussed current temporary USDA waivers allowing all students to eat school breakfast and lunch free of charge regardless of family income. Participation in school meals is down, and steps are being taken to help improve this number including offering breakfast kits in all classrooms at VanBuren and opening the lines at Durgee. Situations vary by school.

III. Reviewed dates for upcoming wellness meetings - 12/3/2020, 2/4/2021, 4/8/2021 (all virtual). We may add a meeting in May to gather notes for the BOE meeting.

IV. Newsletter - The committee was asked to submit any articles, quotes, etc. to Kristen by this weekend. The newsletter is expected to be sent to Sarah Buckshot early next week. The newsletter is aiming to address the needs identified in the staff wellness inquiry from last school year.

V. Video Folder - Kristen & Lindsey have created several short wellness videos and compiled into a folder to be shared with all district staff. New content will be added throughout the school year, generally 2 new videos each time.

VI. Virtual Wellness Day - The committee was in agreement that a virtual staff wellness day option would be a great idea for PDC days (potentially 3/12/2020). Committee members were asked to brainstorm suggestions for recorded sessions and Kristen will send out a Google form.

This will be a topic of discussion at the 12/4/2020 meeting. The group also discussed the possibility of student virtual wellness days across the grade groups. Durgee offered a virtual wellness day last April.

VII. Review Goals - Discussed goals below. Committee members were encouraged to share their thoughts/suggestions regarding these goals with Kristen, Lindsey, & Brian.

District Wellness Goals 2020-2021

Implement virtual (video) programming to help District faculty and staff develop mindful practices for stress management, sound mental health, and nutrition education.

Send out 3 seasonal newsletters which will provide faculty and staff information on nutrition, sleep, mindfulness and “best practices” for student wellness.

Offer a “Virtual Wellness Day” for faculty and staff as well as one for students at each level: Elementary, Middle, Junior High and High School.

Revise and resend a Wellness Inquiry to District faculty and staff.

VIII. Posting Minutes - Members were asked to send any building wellness activity information to Lindsey at lladue@ocmboces.org. *To be shared at a later date once received.*

NEXT MEETING: Thursday, December 3, 2020 - Virtual (Google Meet)
FUTURE MEETINGS: Thursday February 4, 2021 & Thursday April 8, 2021 (Google Meet)