

Wellness Council Meeting Minutes April 29, 2009

In attendance: Jeanne Dangle, Brian Wright, Shannon Cavedine, Bruce Quimby, Colin Kahl, Julie Carpenter, Amy Potrzeba, Kathy Honsinger, Pat Resseguie, Patty Smith, Candy Sweeney, Amy Byrne, Beth Mahon, Jeanna Gates

Sub-committee updates:

Outreach – Wellness announcements are still going on in some of the schools, and at Baker HS there is a new approach to announcements, with an electronic scrolling banner in the main lobby. Amy Potrzeba and Patty Smith will work to coordinate announcements for all levels and get the info out to each school. Thanks Amy and Patty! The Baker Environmental Club promoted riding bikes to school during the week that Earth Day was celebrated, April 22. They also organized a walk and clean up day along Tanner Creek. EAP wellness links are sent out monthly through the district's HR dept. The Baker Crisis Team would like to coordinate with the Wellness Council to have an after school workshop featuring a local speaker addressing grief and loss.

Nutrition – New food choices being tested at the schools, including brunch items, and those that are popular will be added into the menu next year. A new approach to the presentation of breakfast will be tried at Ray beginning May 11, allowing the students a little more time and opportunity to benefit from the breakfast program at school. The Healthy Vend machines at Baker remain extremely popular, needing to be refilled two or three times per day.

Physical Activity – European handball tournament at Baker was a huge success, raising over \$1,000 for the Food Bank of CNY and creating a fun, three evening event that students and spectators enjoyed. Fitness trail walks are taking place in PE classes and Hip Hop is starting soon which is always a favorite activity. A stipend was received by the district for PE surveys that were conducted, and as a result more wellness resources were purchased. The items are located in Health Teacher's rooms at Baker and Durgee, and a complete list of resources will be emailed to staff. New items include alcohol, tobacco nutrition, relationship and sex education teaching tools.

The School Breakfast Summit takes place on Wednesday, May 6 from 1:00 pm to 4:30 pm. This is a no cost program co-sponsored by the Nutrition Consortium of NYS and the American Dairy Association and Dairy Council. Encouraged Council members to consider attending.

Jeanne Dangle shared information on building use for staff wellness activities such as Weight Watchers groups or exercise classes. Municipal Law requires us to have sponsorship by the Lysander or VanBuren Parks and Recreation departments in order to hold such classes. Once sponsorship is arranged and the activity is advertised in the community by the sponsor, the activity can take place. Jeanne also shared her hope that we can increase community awareness of the Fitness Trail, and encourage its use. This is something that she would like to see happen in the fall, with possibly student involvement in demonstrating equipment use; it was also recommended that we try to

promote the Fitness Trail during Earth Day week next April as well. We also discussed with Jeanne the idea of possibly having a Wellness speaker for opening day, and about the local video presentation on drunk driving, how and when to share it with students and families. We talked about Wellness goals for next year and continuing to try to create a culture change through the positive sharing of information and encouragement of healthy behaviors, with a special focus on the elementary level, is important. Many good things are already taking place and identifying and sharing those is important.

Brian Wright and Shannon Cavedine will give the BOE report from the Wellness Council on Monday, June 1.

Wellness meetings for the 2009/2010 school year will be the last Wednesday of October, January and April, 7:30 am at the D.O.