

APPROVED: 10/12/22 Wellness Committee Meeting Minutes

Meeting Date: 10/12/22 at 8:00am, District Office

Meeting Called to Order: 8:01am

Pledge of Allegiance

Attendance

Present: Kristen Crandall, Andrea Cucci, Matthew Flusser, Carol Geldof, Peggy Kelland, John Lumia, Brandon Opitz

Absent: Kurt Jesman, Marie Johnson, Michael McFarland, David Seipp

Motion-begin meeting: Mr. Lumia; Mrs. Kelland (1st, 2nd) all in favor - called meeting to order 8:01 am

Meeting Minutes: Approval of the 3/16/22 & 5/19/22 minutes. Mr. Lumia; Mrs. Kelland (1st, 2nd), all in favor

Wellness & Shared Google Drive: Committee utilizes a google drive for agendas and information sharing. Feel free to post any information on the shared drive for the Committee to review.

Wellness Committee Information: The Charter, Policy 5404, Wellness Procedures and Standards as well as the most recent Wellness Committee Presentation to the BOE is available on the shared drive. Any questions or concerns with any of these pieces of information can be shared with the Committee or Ms. Crandall.

2021-2022 Student Data: The data that has been compiled in the google drive includes attendance data, discipline and test scores. Finding the correlating link with the data and how it impacts wellness has not been easy.

Discussion Notes: Fundraising questions raised by Mrs. Kelland to Mr. Flusser i.e.: popcorn maybe we should provide a list of suggestions to building admins or PTA of foods that would be acceptable. Mr. Flusser indicated that he has assisted by using the smart snack calculators in the past. If any group asks, the Food Service can definitely assist. The goal is not to make food the enemy but to understand that more exercise is needed and to advance understanding in the area of curriculum. Mr. Opitz added that the increased intramural hours as well as the addition of after school bus opportunities has really made a difference at the middle school level as far as activity. Mrs. Kelland admitted she was glad to hear that and the BOE would hope to increase to four days per week if the money becomes available. Ms. Geldof commented on the Continuing Education camps and concerns for those who have limited incomes and therefore unable to participate. More free or lower priced classes could be beneficial. Ms. Cucci added these Continuing Education classes could benefit both students and parents and we could look to expand the offerings to include daily, every day topics, about daily life such as bullying. By having opportunities for both students and parents, the parents can reinforce the messages at home.

Question as to the time of this meeting and if conducive to Buildings and interested parties. Mrs. Kelland asked about the interaction with Career and Life Sciences (CALs) and how to make healthy and useful casseroles as part of the curriculum. With many teenagers' parents working later, having this type of info in the curriculum could really change a household. CALs is run on a 10 week cycle. Mrs. Kelland also shared her Girl Scout experiences with new cuisines for a badge requirement.

Having the opportunity to donate extra snacks has always been an option to families. Compliance was not something that parents would be aware of when donating. The thought process was to have extras in case

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someone was hungry. School did not solicit these items from parents but would accept them. The same holds true for clothes, in case a need for a change was necessary throughout the school day for a variety of reasons. Mrs. Kelland noted that church donations and the Angel Tree were also good supports for members of the community. Good intentions will lead to increased sharing and kindness.

As to the data provided: Mr. Opitz noted that attendance is looking good and students are back in school. There is a sense of belonging amongst the students. Maybe we could conduct a survey at the building level in conjunction with Pupil Personnel Services (PPS) to see how we are doing at each school. Mrs. Kelland added that with the shutdown-the grade level movement, new friends, a renewed sense of purpose to come to school...she is happy that this has been restored. Ms. Geldof's thoughts that an anonymous and a self reporting survey may provide greater insight into attendance and discipline. Really paying attention to the language and making a connection. Then, the Principal's could send a more specific survey to the community to monitor quarter to quarter stressors for students and the community. Parent survey, maybe it matters that it is so simple, so why bother completing it per Ms. Geldof. Make the content meaningful. Mrs. Kelland added that the completion depends on if the parent cares or not. Mr. Lumia added that student surveys in a classroom setting are what have been done. Ms. Geldof added that this is a positive for their school as the students feel they have a voice. The accuracy of the results can be shared and used to build a stronger school environment. Mrs. Kelland brought up the recognition by the BOE of schools that keep students active and give them awards like gold, silver, etc. certificates. Ms. Geldof was shocked that so many schools are left blank. Ms. Crandall added that there are activities but not all schools provide this information to the Wellness Committee. Mr. Flusser added that maybe we could have an incentive to complete the survey - there are some people who are survey people and enjoy them - but not everyone does. Many factors on surveys such as what is the impetus of the survey from New York State? Students answer questions but do they understand what they are answering and why? What do we expect to come out of the survey? Much research has been done on surveys and many changes could be made. Msl Cucci and Ms. Geldof had dialogue on how wellness could possibly exclude mental health - why was no one from PPS on the Committee? Ms. Cucci offered to share the wellness wheel and the eight factors. What district committee addresses mental health? How come it can be overlooked? How do we know what is happening at the Building level? Is it happening there? Ms. Cucci mentioned working on emotions and what is everyone feeling day to day within the classroom. We must rely on teachers and schools to do this and how should this be developed? If everyone can come together for the betterment of students then we will see a change in attendance and test scores and disciplines. Fix it quickly. Remember it's not what you are eating, it is what is eating you.

The ability to share knowledge and not just put a bandaid on the pressure would be a start. Ms. Kelland added that physical education is limited so that outlet for students is a problem. When she was in the classroom she would include three minute exercise breaks throughout the day. Ms. Geldof added it is up to the individual teacher as recess is short - does not understand the rules and how the day is structured to not have this vital release time. What do the social workers and PPS team do within the building? Wants to believe help is available but doesn't really know what is actually happening. Mr. Ortiz added that the DC Mediation Center is an option and Ms. Crandall mentioned the restorative practices in place within the school buildings.

Ms. Geldof added that the notion that elementary school students will get emotional support later should not be the practice. There are good initiatives at the secondary levels but elementary students do not get these opportunities. It depends if the teacher is on board and supportive and it should not be limited like that. Ms. Kelland added that the health requirement is not required at elementary level but that each week's curriculum

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something could be included. Ms. Cucci added that Parents as Reading Partners and the positivity projects do exist at elementary schools - had concerts with students being talked at and not listened to - by not making it interactive.

Next meeting 1/11/2023

Motion to close the meeting at 9:22am by Mrs. Kelland; Ms. Geldof (1st, 2nd). All in favor of adjournment.