

# Wellness Committee Minutes

---

## Wellness Meeting

Meeting Date: Wednesday, October 17, 2018

Minutes Approved: Thursday, January 17, 2019

**Meeting Called to Order** at 8:00am

**Introductions:** Around the table - new committee and new faces.

**Meeting Minutes:** Members present reviewed the June 12, 2018 meeting minutes. Mrs. Kelland noted that corrections in proofing were needed. Mrs. Rappaport confirmed this. All in favor of approving the minutes, with edits. Mrs. Kelland, motion to approve the minutes; Mr. Flusser, second. Vote is unanimous to approve.

**Wellness and the Google Drive:** In an effort to be as efficient as possible, and because this Committee does have homework at times, we use the Google drive. All committee members are invited to view the shared documents which include nutritional content, that we review, as well as building level activities, past meeting minutes and more! District website is also updated for all wellness activities (building level and district level work).

**Wellness Committee Work:** The Wellness Committee Charter was approved by the BOE at the annual reorg meeting (July 9, 2018). This document outlines the role of the district level Committee and aligns with NYS requirements for reporting and action needed.

WCSD Policy 5404 Student Wellness has been updated for all new NYS language regarding food shaming and USDA regulations.

WCSD Wellness Procedures and Standards are required to be presented to the BOE every 3 years - 2018-2019 presentation is needed. Recent homework included a review of the redlined DRAFT document (shared on the google team drive). Your review and comments could then be included in today's meeting discussion to ensure the committee's input was captured. Additionally, this review would help to finalize a document that could be presented at the November 5, 2018 BOE meeting.

**Discussion of the Procedures Documents:** Mrs. Kelland reminded the committee of the subsidy provided by the government for corn and sugar but not for fresh foods.

Mrs. Kelland commented on the importance of recess and how the concept is not consistent from building-to-building; we should encourage more outdoor recess.

Mrs. Kelland noted the discussion at the NYS Convention regarding that Physical Education Standards is not being met around the State. WCSD experiences the same issues with facilities and timing, etc. Having the PE teacher come into the classroom is a possibility.

Ms. Crandall noted that buildings do encourage physical activity within the classrooms. Ms. Potter shared Workout Wednesdays at her school.

Ms. Crandall shared that intramural money was added to the budget in 17/18 and it remains there to expand the program. The Wellness website includes building level activities as reported. This is available for families to review and allow for their participation.

Mrs. Kelland commented about teaching in the 1970's - there were intramurals for teaching staff – staff was younger and didn't have as many home commitments. Wellness for staff is important.

Dr. Shuchat stressed the need to focus on the social and emotional need for teachers and students. Yes, teachers model behavior for students but can we offer more support for our teaching staff?

Mr. Jesman noted that the physical education curriculum and standards do include a series of mental health lessons. This is for K-6 and 7-12.

Dr. Shuchat asked if this can be more contrived? Restorative practice is more formal training. Modeling is informal. This is especially true for Middle School students as they are so reactive and they don't think through their decisions. The social and emotional learning piece needs more than being squeezed in to the curriculum.

Mr. Jesman agreed that more is needed and can the PE teachers get building support for this.

Ms. Kopoula shared that she has a 6<sup>th</sup> grader at Brinckerhoff. Her daughter is stressed with the amount of classwork/homework. Can meditative practices be taught and encouraged within the classroom? One or two calming moments to help ease the stress felt by our students can be a benefit both in and out of the classroom.

Ms. Rappaport confirmed that meditative practices need specific training and taught over a long period of time. The effects of meditation are important.

Mrs. Kelland added that the mental health of our students is ALL teachers' jobs and ranges from the bus to the classroom and home again. We must be responsive to all student needs.

Dr. Shuchat encourages professional development for all on this topic.

Ms. Rappaport shared that initiative, after initiative continues to be pressed on teachers. This is crippling. How can these be integrated? Recognizing that front loading the work (i.e., a few weeks

of “intense” work in the classroom at the start of the year) provides benefits all year long. This type of work is important enough to be included in the curriculum.

There does not seem to be an answer to these questions but it is important for us to discuss.

Mrs. Kelland shared something as simple as washing your hands before lunch supports this idea – now we have hand sanitizer, but the same idea was used in her classroom.

Ms. Winter is thankful for the additional meal options (ie: Boars Head Sandwiches) at OV. Makes a big difference - some students would eat the chicken out of the salad and throw the rest away - wasteful.

Ms. Rappaport asked what about the expectations from parents of younger students - do we hear from them with questions/concerns more than the parents of older students? Per Mr. Flusser, that is not something that he notices. He believes that those parents would control what their children eat by packing their own lunches.

Discussion continued on what BMI means, how it is computed and how it is carried out in the Nurse’s office. Ms. Potter shared that this personal information (weight, etc.) is taken from the student behind a privacy screen and not in a public setting. This work needs to be completed by December 15, 2018 for this school year.

Ms. Crandall thanked all for their input and the discussion that was had during the meeting. An updated DRAFT document and presentation would be added to the google drive for Committee feedback prior to the BOE meeting on November 5, 2018. Also, ALL members of the Committee are invited to the BOE meeting to be recognized for their work.

**Wellness Activities in our School Buildings:** Again, we are asking each building to provide their input on the activities that occur. This cumulative list has been added to the google drive and will be posted on the website.

Next meeting will be in late January 2019 (to be scheduled). An agenda item will be the upcoming NYS audit of food services.

**Meeting adjourned** 8:53am. Motion by Mr. Galletta and seconded by Mr. Jesman. Unanimous vote to adjourn.