

Wellness Committee Minutes

Tuesday January 9, 2018 called to order 8:01am

Pledge of Allegiance

Approved: 3/20/18

Welcome Members – Quick introduction around the table.

Meeting Minutes – Mrs. Kelland made a motion to review the minutes seconded by Mr. Lumia. The Committee members, who were present, reviewed the meeting minutes of 10/11/17 with no corrections. Motion to accept the minutes as written: unanimous.

Wellness Activities at the Buildings – The Business Office continues to collect the 2017-2018 student and staff activities at the building level. It is then posted to the District's wellness website. In addition to the activities, wellness newsletters and healthy recipes are posted for all of the community to share. Ms. Crandall's office did receive two requests for building level wellness contacts to participate in the District level committee. While these colleagues cannot be on the committee, we certainly do wish for them to attend and to participate in our discussions. Ms. Crandall will reach out to each of these building level contacts and express our interest in their participation as well as personally invite them to all upcoming meetings.

Community Concerns – The District did receive an email from a parent pertaining to health concerns of their child while on the school bus. The parent asked that their concerns be shared with the Committee. Ms. Crandall did share a general overview of the concerns but then addressed that this matter was not in the purview of the Wellness Committee.

NYS Farm to School Program - Wappingers Central School District partnered with Poughkeepsie City School District and the Poughkeepsie Farm Project to apply for a local Farm to School grant. This week, the District learned that the Poughkeepsie Farm Project was awarded the grant. These funds will be used for education and field trips. Principal Goldstein and Myers Corners Elementary School have spearheaded the campaign and will be the WCSD pilot for this grant. Ms. Justs pointed out; the need to change behavior has to start at home. She has been working with students as young as five and requires that families be included. Providing informational sheets on fruits and vegetables that are being discussed has proven to hit home with students. The Family Career and Life Sciences curriculum is not as health conscious, noted Mrs. Kelland. Mr. Jesman will follow up with Assistant Director Luzzi on that curriculum. Tenth grade physical education curriculum does include nutrition education, Mr. Jesman noted. Ms. Schlusser has had the opportunity to see this work in action at the Rondout CSD and was impressed with the work done by Middle School aged students. The higher grade levels will be targeted at Myers Corners for this education and work of the Farm Project. Ms. Karath added that possibly a school event could be scheduled to

highlight this program. Possibly a presentation to the Board of Education? Ms. Justs added that possibly a WCSD Health and Wellness Fair could be incorporated into this idea. Mrs. Kelland noted that at the previous evening's Board meeting a presentation was done that included the possibility of adding an agriculture science elective to WCSD's curriculum. Mr. Rubin asked about any historical data for these projects and Mr. Flusser shared that he knew that New Paltz has been planting and using the Farm Project for over 10 years. He also toured the work done at Rondout CSD including their greenhouses and vertical growing structures (ie: allows for "garden" in a vertical space and thus saving space in the classroom). He added that community buy in is important too. For example at JJ, the garden is planted at the end of the school year and with minimal attention there have, luckily, been harvests that are used in the fall in the kitchens. Mrs. Kelland shared her experiences from a conference in Long Island on nutrition. Modeling of the behavior that you want the students to see is also important. Mr. Rubin asked about any pesticide exclusions that we need to be aware/concerned for. The Farm Project has been working with school districts for many years and maintain MSDS manuals just like we do. The Committee was excited about the possibilities of this grant and the new beginnings that it could provide to the district.

Discipline, Absenteeism and Testing Data – This information has been shared via the google drive. The discipline data is for the school year ended 2016-2017. The absenteeism data is for the period through 1/3/18 and testing is for 2017. While we are still unsure of why NYS is asking for this data to be shared with the Wellness Committee we will review it. Ms. Crandall asked the Committee for their thoughts and input on the data and to share with her their ideas and she would see what could be done. Dr. Shuchat offered that NYS is tracking discipline that leads to suspension and absenteeism. He also provided the Committee with a report prepared by CAPE of the Dutchess County Trend Analysis which contains a lot of information. This will be added to the google drive. Mr. Lumia asked about discipline, absenteeism and grades and ultimately failures.

Nutritional Content – The updated nutritional contents were added to the google drive for sales, a la carte and vending machines.

March 2018 Agenda Review – The main topic at the March meeting (date will be determined and shared out with the Committee) will be the annual surveys of parents and students. Ms. Crandall is asking that the Committee members do some homework once information is shared with them by the Business Office so that a solid draft survey can be provided at the March meeting.

For the Good of the Order – Ms. Schlusser asked about the possibility of having a health and wellness fair for WCSD staff on a Superintendent's Conference Day. Mr. Rubin indicated that possibly reaching out to Francena Amparo as well in this regard.

Motion to adjourn Mr. Rubin; seconded Mrs. Kelland 8:56am