

# Wellness Committee Minutes

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December 13, 2016

Called to order 9:02am

Wellness Policy - Discussion of how the District's current policy and the NYSSBA version of the Wellness Policy have been melded together into a draft for the Committee's review. It was requested that this homework be completed by December 21, 2016. A follow up meeting would be held on January 10, 2017 to share the proposed policy.

Wellness Plan: An annual update must be provided to the BOE on the work of the Wellness Committee. First step is to create policy then we can review the Procedures and Standards to align the two documents. Plan to present to the BOE in February or March 2017.

- Mr. Flusser - there is a cultural mindset to decrease wellness
- Mr. Jesman - stricter rules put in place by President Obama
- Mrs. Kelland - encourage teachers to exercise during class time and increase physical activity outside the classroom
- Dr. Shuchat - wellness is not only for students. Pertains to teachers as well. EdCamp is focused on instruction but what about the social and emotional needs of teachers.

Questions to ponder for policy and plan development: Questions received from a BOE member pertaining to wellness and the treating of students for good behavior (PBIS). Interesting that wellness pertains to the selling of food products. If food is given away it is not a compliance concern. Mrs. Kelland stated that the giving of food as a reward is bad educational practice. Per Dr. Shuchat this occurrence is more the exception than the rule.

Adjourned 9:37am