

Wellness Committee Minutes

Tuesday, March 20, 2018 called to order 8:00am

Pledge of Allegiance

Approved: 6/12/18

Called meeting to order 8:00am motion by Karen Karath, second by Robert Rubin – unanimous

Welcome Members: Quick introduction around the table.

Meeting Minutes: Minutes were reviewed by all present with no changes. Motion to approve the minutes by Steven Shuchat, second by Matthew Flusser – unanimous

Wellness Activities at the Buildings: A cumulative list was shared with the committee. Mr. Rubin asked about the Vassar flu shot clinic and as medical personnel and volunteers with certain institutions are required to get the vaccination is there any similar regulation for school district staff and students? Ms. Crandall answered no and that there is also an allergen issue for many with the vaccination. Mrs. Kelland shared information from Japan about how students should get the vaccination, as many times they are the ones who bring it home to the adults. Mrs. Kelland also asked if we could encourage students and staff to get vaccinated as part of the health curriculum. Ms. Crandall indicated that the fact that we hold flu clinics as a district may be the extent of the recommendation that we are allowed but would follow up with the attorney. Ms. Crandall was also asked by Mrs. Kelland to add the topic of wellness at the building level to the next Principal meeting agenda.

2017-2018 Student & Community Survey Finalization: The surveys were handed out to the committee for their final review. These are also available in the google drive, as this was where much of the work had been done with the committee's help since the January meeting. Ms. Crandall shared that the email hiccups from last year at the high schools have been corrected. We hope to have a much higher response rate than last year. Ms. Justs shared that 5 of the 5 WCSD families she works with did not know about the 2016-2017 surveys. Mrs. Kelland shared that she attended a seminar in the 1980's where the information-saturated society concept was addressed from a marketing standpoint. Ms. Justs shared the use of mandatory (?) language and that some families may need that forcefulness in order to complete. Discussion was had on the mandatory language. Will focus on these surveys being "your" opportunity to have a voice at the district level, to advocate on your own behalf, and to represent yourself and your community. This can be done by completing the survey. We will give two weeks to complete the surveys (to be sent 4/3/18 Tuesday – end date 4/13/18 Friday) with a reminder email sent at the end of the first week (4/6/18 Friday). Mr. Rubin asked about the rate of completion from last year. Ms. Crandall shared that since that was the first year we will not rely heavily on that. This year should be more representative. Ms. Karath asked about the email delivery and Ms. Crandall shared that these are from SchoolTool and that the info is only as good as the info provided and updated. Ms. Karath asked about the number of families who do not have an email, and whether to

include them; the committee should send some paper surveys home in backpacks. Mrs. Kelland shared that her daughter receives so much paper in her child's backpack. Ms. Crandall will ask about the number of families that do not have an email and how school buildings handle information sharing to them.

Student Survey: Alter question 2 & 3 regarding breakfast - consume/purchase. Discussion on the importance of breakfast and changing the mindset. Children can bring their own breakfast offered by Dr. Shuchat. NYS promotion of breakfast. All WCSD buildings serve breakfast – some make it easier than others to get to the cafeteria and then to actually eat. Eat in the classrooms? Facilities concerns. Mrs. Kelland shared that when she went to school milk was served in the K-3 classrooms mid-morning, so there is a precedent. Mr. Flusser shared that in 1961 milk was \$.03 for a half pint! An article detailing the importance of breakfast will be added to the District's website. Ms. Karath asked that we include language on beverage consumption as well. Discussion was had on liquid vs food and the school start time and why students do not eat breakfast. The importance of breakfast must be taught.

Community Survey: Proposed change of where email is located due to people's concerns on data mining by Mrs. Kelland. Vote was taken and the desire of the committee by a vote of 5 to 2 was to move email to end of survey. Also to change text style etc to make it stand out was suggested. Ms. Crandall will bring that back and see if that can be done. Same should be done for student survey. Dr. Shuchat asked if a pop up (similar to the snow delay/day message) could be added to the website with a reminder for the survey to be completed.

May 2018 Meeting Overview: Nutrition information on menu items will be provided.

For the Good of the Order: Mrs. Kelland attended a program about the human trafficking targeting 12-14 year old children. She asked if this can be incorporated into the health curriculum. She knows that we teach stranger danger and that the way older students are enticed is different. Can we possibly provide instruction on how to defend themselves? Ms. Justs shared that she has been given a grant award to become an instructor and would be willing to work with the District. Ms. Crandall will share with Dr. Cardwell and Mr. Lolkema as to how this would be addressed, whether through curriculum or school safety plan.

Motion to adjourn at 8:47am Robert Rubin second by Steve Shuchat – unanimous