

Poughkeepsie City School District  
Wellness Meeting Minutes  
January 14, 2016

**Attendees:** Ivana Powers (CCEDC), Suzi Sullivan (Clinton), Meg Murray (ESNY Nutrition Educator), Jamie Levato (Farm Project), Ozie Williams (DOH), Heather Faircloth, Franky Perez (PMS), Nakresha Joseph (PMS Nurse), Stacy Grady (Krieger), Michael McElduff (PMS)

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**Follow-up actions:**

- Review of minutes
- Recruitment
  - Still need members from PACE, More and Warring. Welcome Stacy Grady from Kreiger.
- Newsletter
  - A concern for where they are, have they been printed.
    - Process to Review Newsletter: committee members provide feedback → Dr. Williams approves → Elena translates → Sent back to Ivana and David Dunn for printing at DC BOCES
  - Contact Chef Dave Dunn to see if he knows anything about the months of newsletters not distributed.
  - Reminder again that the newsletters are to be at the 4<sup>th</sup> grade reading level.

**Discussion Items:**

- Website concerns: Hard to find regulations and policy.
  - Concern to have a Wellness Committee general email address so people can contact us.
  - Ivana will reach out to Sean to ask about this option.
    - Asking to have an automated response that the committee will meet and discuss the question and get back to you.
    - Request for this email address to be created and placed on the bottom of the Wellness page.
  - Concern that the Wellness page is not up to date with the newsletters, again where are they and Ivana will reach out to Hilary Spooner or Sean to have them uploaded.
- March Newsletter: Agree to go forward, even though the other newsletters have not been distributed.
  - Ivana will send a template for all members.
  - Jackie stated that she will be sure to mention to Dr. Williams that the administrators need to distribute the newsletters throughout their buildings.
- Physical Activities in the classroom: Talking point feedback:
  - Clinton representative discussed GoNoodle
  - ELC representative discussed positive conversations and sharing sites and activities of physical activities in the classroom occurring daily by many teachers.
- Staff Survey:
  - ELC given and returned
  - PMS & Krieger took hard copy to distribute
  - Jackie will give to Natasha Cherry to distribute for Warring and Morse.
- Wellness Binder:
  - Concern for the need of better access

- Ivana said she would reach out to Shayna for trying to get more binder access (PDF a suggestion, website links).
- January Talking Point for Representatives:
  - Staying active when it's cold!
- Creating a traveling / mobile Wellness trifold board.
  - Kari Reiser said she will make it. Megan Murray was recruited to help.
  - Original goal to make for next meeting to discuss. Members discussed activities also ready to travel to show people at different events. (Sugar, Fat demonstrations).
  - Jackie suggested this trifold be ready before the meeting for the Krieger Forum on February 10<sup>th</sup>.
- Discussion of Events:
  - April 8<sup>th</sup> Blood Drive from 8:30-12:30
  - Correction on New Paltz Heart Walk; it is April 9<sup>th</sup>
  - Teen Violence Awareness: Jackie will email the information with the dates for committee
  - May 14<sup>th</sup> the Health Fair at the Sports Complex
- PFP / Jamie announcements:
  - PFP can schedule trips starting April for schools, after school and sports programs. Look on PFP website for information.
  - Trips Monday, Tuesday, Thursday, & Friday 9:30-11:30 or afterschool
  - Family Cooking Workshops Farm Fresh / Home Chef
    - Success at Krieger with 8 families, 26 active members and 42 family members positively affected.
    - To begin at Clinton and Morse: Max of 45 people, suggested to advertise on the marquise at the buildings
    - Thanks to PFP for all they do for our district
    - This grant funded program will also be a part of the Parent University
- Parent University:
  - Trifold / Wellness representation
  - NO Spelling Bee that will be held later in the year / post testing according to Jackie
  - 1/26 a sub-committee meeting for Parent University planning. Hopefully Farm Fresh / Home Chef program will be there as well.
- Need for food for the 7<sup>th</sup> grade food program:
  - A mention that the PMS food program has no budget for food. Jamie will contact the teacher and Jackie took note.
- Meeting concluded at 4:35

**Next Meeting: February 11, 2016:**

- Discuss Wellness Newsletters follow up
- Physical Activity in the Classroom grants: Sparkpe.org, letsmoveschools.org, actionforhealthykids.org
- Possible Survey idea for 2016: Asset Mapping Classroom/School PE Equipment & Outside areas
- February talking points for faculty
- Tro-fold presentation

Person	Activity/To-dos	Status
Ivana	Forward March Newsletter for approval; request translation; Send NL to David	
Kari	Bring Tri-fold to meeting	
Shayna	Question: Can the district have soft copies of Wellness binder posted on website?	
Building Reps	Conduct Surveys at your buildings; recruit new members for WC <b>Talking Point for February:</b> Staying active when it's cold!	
Events	• February 10th BOE Community Forum/Health Fair Krieger	

<ul style="list-style-type: none"> <li>•February 5th: Wear Red Day for Heart Disease</li> <li>•March: Blood Drive; Date TBD</li> <li>•March 9: Heart Walk, SUNY New Paltz departure <ul style="list-style-type: none"> <li>• March 12th Parent University PHS</li> </ul> </li> <li>•March 19:Heart Walk, Poughkeepsie/Vassar college departure</li> </ul>	
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<b>Month</b>	<b>Mtg Date</b>	<b>Minutes</b>	<b>Newsletter</b>	<b>NL due date</b>
December	10 <sup>th</sup>	Meg Martin	Ozie Williams	Oct 15 <sup>th</sup>
January	14 <sup>th</sup>	Heather Faircloth	Jamie Lovato	Nov 15 <sup>th</sup>
February	11 <sup>th</sup>	Ivana Powers	Doreen Clifford	Dec 15 <sup>th</sup>
March	10 <sup>th</sup>	Megan Murray	Kari Reiser	Jan 15 <sup>th</sup>
April	14 <sup>th</sup>		Megan Murray	Feb 15 <sup>th</sup>
May	12 <sup>th</sup>		Franky Perez	Mar 15 <sup>th</sup>
June	9 <sup>th</sup>			Apr 15 <sup>th</sup>
July	TBD			May 15 <sup>th</sup> (?)

*PSWC Mission: We, the Poughkeepsie City School District Wellness Committee, are committed to establishing and maintaining a school environment that promotes health and well-being. By providing structure and support for staff, administration, students, and families, we hope to ensure that all schools within the Poughkeepsie School District are equipped with the necessary tools to promote healthy and active lifestyles within our school community. We are dedicated to helping communicate and implement the local school wellness policy, required and established by the Child Nutrition and WIC Reauthorization Act of 2004.*