

Poughkeepsie City School District
Wellness Meeting Minutes
May 12, 2016

Attendees: Suzi Sullivan (Clinton), Meg Murray (ESNY Nutrition Educator), Ozie Williams (DCDBCH), Ivana Powers (CCEDC), Shayna Russo (ESNY/CCE), Jenna Godfrey (PFP), Kari Reiser (Community Rep), Jaime Levato (PFP),

Follow-up actions:

- Review of minutes from April
- Recruitment
 - Long discussion on the importance of teacher & administrator involvement on PSWC.
 - Committee is part of wellness regulations
 - PSWC members will reach out to Union president to promote this committee
- Newsletter
 - Ivana is doing June and just did May
- Surveys: We still need more surveys, Ivana will email individuals on the committee to procure more surveys before the end of May.

Discussion Items:

- **Bike to School Day: May 14th** - Ivana and Suzi and John Gailbraith from sPOKe will host a Bike Safety table at PCSD Health Fair
 - Bill Johnson from Safety Dept. donating prizes for kids who come to table
 - Ivana will have a bike on a bike trainer for kids to use as a physical activity at the table
 - Safety information, flyers, etc. will be available to those who come to table.
- **Poughkeepsie School Gardens:** PFP needs willing staff members to work with them on creating and sustaining more gardens in more schools for next year.
- **Goals for Next School year:** Try to plan a workshop on Superintendent's Day RE: PSWC work. Focusing on recruitment and commitment of Athletic Director, PE Teachers, and administration. Talk about promoting wellness in schools as a cultural shift for whole district.
- **Brief Discussion on Recent Grants:** RE: Violence Prevention
- Discussion of Events:
 - May 14th the Health Fair at the Sports Complex
- Meeting concluded at 4:30

Next Meeting: June 9, 2016:

- June talking points for faculty
- Future PSWC Facilitation information.

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.