

# Poughkeepsie City School District

## Wellness Meeting Minutes

October 8, 2015

**Attendees:** (To be reviewed/added at November meeting)

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### **Follow-up actions:**

- Halloween Candy Exchange: Flyers to go home with students.
- Approval of September meeting minutes by Jamie and seconded by Al

### **Discussion Items:**

- Dinner being served to students free at PMS and PHS from 3-5:30pm. Small charge (\$3.80) for adults. It was suggested that building liaisons share this info.
- Committee can make 2-3 talking points for building reps to share at faculty meetings.
- Al brought up the fact that we need to revamp our building reps due to many transfers. We also need to bring in youth/parent to meetings.
- Current reps:
  - PHS- Meg
  - PMS- ?
  - ELC- Heather, Michelle
  - Warring- ?
  - Clinton- Suzi
  - Kreiger- ?
  - Morse- ?
  - PACE- ?
- Shayna will compose an email to ask if any staff is interested in participating in Wellness then forward the email to Jamie to send.
- Jamie: Farm to School Month
  - All 2<sup>nd</sup> grade students going to PFP
  - All 4<sup>th</sup> grade students going to dairy farm
  - Tastings in schools
- Talking Point for Faculty Meeting: What is a challenge in moving forward with the Wellness Policy and rolling out the regulations? (celebrations, non-food rewards, physical activities?)

### **Upcoming Events:**

- Cultural Fair: October 24. 8:30-2pm.
- November: Diabetes Awareness. There will be an event at Morse School November 5 or 12 at 5-7pm
- Red Cross was installing smoke detectors for free on Saturday October 10<sup>th</sup>.
- Shayna will request that the Wellness Committee have a role in the next Superintendent's Conference Day.

**Next Meeting:** November 12<sup>th</sup>

Person	Activity/To-dos	Status
Christine	Forward NL to Dr. W for approval; request translation; Send NL to AI	Done Pending
Ozie	Prepare December NL and send to Christine by Nov 15	Done
Shayna Jamie	Shayna will compose an email to ask if any staff is interested in participating in Wellness then forward the email to Jamie to send.	Done
Building Reps & Faculty	Talking Point for Faculty Meeting: What is a challenge in moving forward with the Wellness Policy and rolling out the regulations? (celebrations, non-food rewards, physical activities?)	
Shayna	Request that the Wellness Committee have a role in the next Superintendent's Conference Day.	
Staff and faculty	Committee Supported Events <ul style="list-style-type: none"> <li>• Donate to Book Baskets; Miss Marino at ELC will take them</li> <li>• Red Cross was installing smoke detectors for free on Saturday October 10th Cultural Fair: October 24. 8:30-2pm.</li> <li>• Great Halloween Candy Exchange-Nov 1st, Children's medical Groups on Fulton or Route 9</li> <li>• November: Diabetes Awareness. There will be an event at Morse School November 5 or 12 at 5-7pm</li> </ul>	

Month	Mtg Date	Minutes	Newsletter	NL due date
August	6 <sup>th</sup> @ 9:30am	N/A	N/A	
September	17 <sup>th</sup>	Jamie Levato	Ozie Williams	July 15 <sup>th</sup>
October	8 <sup>th</sup>	Suzi Sullivan	Christine Sergent	Aug 15 <sup>th</sup>
November	12 <sup>th</sup>	Shayna Russo	Shayna Russo	Sept 15 <sup>th</sup>
December	10 <sup>th</sup>	Meg Martin	Ozie Williams	Oct 15 <sup>th</sup>
January	14 <sup>th</sup>		Jamie Lovato	Nov 15 <sup>th</sup>
February	11 <sup>th</sup>		Doreen Clifford	Dec 15 <sup>th</sup>
March	10 <sup>th</sup>			Jan 15 <sup>th</sup>
April	14 <sup>th</sup>			Feb 15 <sup>th</sup>
May	12 <sup>th</sup>			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.*