

Poughkeepsie City School District
Wellness Meeting Minutes
February 11, 2016

Attendees: Ivana Powers (CCEDC), Suzi Sullivan (Clinton), Meg Murray (ESNY Nutrition Educator), Ellie Limpert (PFP), Ozie Williams (DOH), Stacy Grady (Krieger), Meg Martin (PCSD-HS), Emily Dozier (Dutchess County Planning), Kari Riser (DC Legislator), Joe Mazzetti (AP PMS)

Follow-up actions:

- Review of minutes from January
- Recruitment
 - Still need members from PACE, More and Warring.
- Newsletter
 - Thanks to Megan Murray for completing the April Newsletter.
 - Ivana is still working on uploading and updating newsletters to the website.
 - Reminder again that the newsletters are to be at the 4th grade reading level.

Discussion Items:

- April Newsletter:
 - Thanks to Megan Murray for a great April Newsletter & thanks to Kari for March!
- National Bike to School Day Presentation by Emily Dozier from DC Dept. Of Planning
 - (Materials attached to this email with handouts and resources from presentation.)
 - Emily presented:
 - Event ideas, key steps, and gave us lots of resources (see attachments)
 - Will gauge teacher's interests and PSWC will assist in the action toward PCSD participating in some manner. To be discussed at next meeting.
- Physical Activities in the classroom:
 - Discussion and short video presentation regarding physical activity grants
 - Ivana handed out website resource sheet for physical exercise equipment grant possibilities and equipment grants for classrooms.
 - Discussed briefly the possibility of asset mapping survey of classrooms and PE equipment of the district. Will return to this potential action item in the future.
- Staff Survey:
 - More survey's turned in thanks!
- February Talking Point for Representatives:
 - Share National Bike To School Day at faculty meetings
- Meeting concluded at 4:35

Next Meeting: March 10, 2016:

- Discuss Wellness Newsletters for May & June, need note takers for minute takers for April, May, & June
- 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
- April Talking points for faculty
- Tri-fold presentation (?)

Person	Activity/To-dos	Status
Ivana	Forward April Newsletter for approval; request translation; Send NL to David	
Kari	Bring Tri-fold to meeting	
Ivana	Discuss National Bike to School Day with full PSWC members	
Building Reps	Conduct Surveys at your buildings; recruit new members for WC Talking Points for February: Discuss Exercise	
Events	<ul style="list-style-type: none"> •April 8th PHS Blood Drive •March 9: Heart Walk, SUNY New Paltz departure March 12th Parent University PMS •March 19:Heart Walk, Poughkeepsie/Vassar college departure 	

Month	Mtg Date	Minutes	Newsletter	NL due date
December	10 th	Meg Martin	Ozie Williams	Oct 15 th
January	14 th	Heather Faircloth	Jamie Lovato	Nov 15 th
February	11 th	Ivana Powers	Doreen Clifford	Dec 15 th
March	10 th	Megan Murray	Kari Reiser	Jan 15 th
April	14 th	?	Megan Murray	Feb 15 th
May	12 th	?	Franky Perez	Mar 15 th
June	9 th	?	?	Apr 15 th
July	TBD			May 15 th (?)

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.