

Poughkeepsie City School District  
Wellness Meeting Minutes  
March 10, 2016

**Attendees:** Suzi Sullivan (Clinton), Meg Murray (ESNY Nutrition Educator), Ozie Williams (DOH), Franky Perez (PMS), Shayna Russo (ESNY HV Region), Jacqueline Roman (BOE Member)

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**Follow-up actions:**

- Review of minutes
- Recruitment
  - Still need members from PACE, Morse and Warring.
- Newsletter
  - A concern for where they are, have they been printed. Have not been seen in the schools since October, 2015
  - Mentioned the idea of link to the newsletter on the PCSD Website.
  - Possible outline available to committee members- the person doing the newsletter for the month could simply fill in with some info specific to that month- easier and less time to do the newsletter.

**Discussion Items:**

- Chef Dave- Currently the interim FS Director
- Bike to School Day: May 4<sup>th</sup>- Committee members present agreed to make this event the main priority for the remainder of the school year.
- Event will take place after the school day to help with the logistics- no bike racks, locks (accountability of bikes during the school day)
- Flyer to be created- will read, "Hosted by the wellness committee".
- All students are out of school by 4:45pm, so the event could take place from 5:30-6:30/7:00pm.
- Students will bike to the HS track or the Sports Complex. The gym could be a backup, weather permitting. Jackie Roman will check on the availability of these locations.
- Students on sports teams can create stations for the students participating in the event. (Ex: Volleyball team can demonstrate/have students serve the ball, Track team can show students to stretch properly before running, etc.).
- Sports teams can use their volunteer time as community service hours?
- PBA can be invited and asked to be in charge of a bike check to help prevent loss of student bikes.
- Passports similar to the ones used at the Summer Meals Kickoff Event can be used- each station a child takes part in, earns them a stamp on their passport. Aim to complete entire passport.
- Walk to School Day: October, 2016- connect to fall Family University- families can walk to school/event- or be picked up at another location
- OR once students get off the bus, they will walk around the track.

Staff Survey:

- None collected- need to review how surveys are generated- Ivana to email to the committee? Franky mentioned that he needs some.
- Wellness trifold board- Jackie mentioned that she has this in her possession.

- Water available to students- it was mentioned that the Middle School doesn't allow students to have water bottles brought from home/water is not accessible at lunch- schools need to review the wellness policy for implementation (water jugs in café?)- Shayna will send out the nys law concerning water in schools- *email sent 3/11*
- 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
- Meeting concluded at 4:30

**Next Meeting: April 14, 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
- April/May talking points for faculty
- Tri-fold presentation? (Tri-fold located)

Person	Activity/To-dos	Status
Ivana	Forward surveys to committee members for use in schools	
Jackie	Follow up with athletic director regarding team members at Bike to School Event and use of space.	
Shayna	Send out law concerning water in schools	Sent 3/11
Building Reps	Talking points for March at Staff Meeting- March is National Nutrition Month- "Savor the Flavor"- add more fruits and vegetables to meals.	
Events	<ul style="list-style-type: none"> <li>• March 12: Family University (PMS)</li> <li>• March 19: Heart Walk, Poughkeepsie/Vassar college departure</li> </ul>	

Month	Mtg Date	Minutes	Newsletter	NL due date
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>	Jackie Roman	Megan Murray	Feb 15 <sup>th</sup>
May	12 <sup>th</sup>	Suzi Sullivan	Franky Perez	Mar 15 <sup>th</sup>
June	9 <sup>th</sup>	Shayna (if available) Megan- backup	Ozie Williams	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.*