

# Poughkeepsie City School District

## Wellness Meeting Minutes

Thursday, November 12, 2015

**Attendees:** Heather Faircloth (ELC), Joann Bardin (Nurse), Franky Perez (PMS), Jamie Lovato (PFP, PMS), Meg Martin (PHS), Christine Sergent (CCEDC), Kari Reiser (Comm Rep), Ivana Powers (CCEDC), Megan Murray (CCEOC/ESNY), Nakresha Joseph (PMS Nurse)

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### Follow-up actions:

- Membership for Wellness Committee
  - Meg-Will invite Bob Murphy (intern Athletic Director) and request he reach out to PE department to join Wellness Committee
  - Meg-Will reach out to PACE staff to join Wellness Committee
  - Jamie-Will reach out to youth, Masean Thrasher and Fiona Mauer, PFP summer interns/PHS seniors to join Wellness Committee
  - Warring, Morse, Krieger and PACE missing representation
- Newsletter
  - November newsletter has been mass produced and hopefully will be sent home within the next week or two with report cards
  - December newsletter-Ozie is working on it
  - January newsletter-Jamie is working on it and was looking for suggestions for upcoming events to add to it
  - Current Process to Review Newsletter: committee members provide feedback→Dr. Williams approves→Alana translates→Sent back to Christina and All for printing at DC BOCES
  - Joanne Bardin suggested that we be conscious of the reading level of newsletter (4<sup>th</sup> grade appropriate)

### Discussion Items:

- Newsletter
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  - Current Process to Review Newsletter: committee members provide feedback→Dr. Williams approves→Alana translates→Sent back to Christina and All for printing at DC BOCES
  - Joanne Bardin suggested that we be conscious of the reading level of newsletter (4<sup>th</sup> grade appropriate)
- Hillari Spooner has been great about updating policy, regulations, newsletter, minutes, etc. for all to access on website
- Jamie suggested “Talking Points” for faculty meetings since we are no longer distributing newsletter to staff in order to increase consistence. This month is Physical Activity in the classroom so we agreed to share out a quick activity from the wellness binder.
- Wellness binder-building principals received binder at leadership meeting & nurses should also have a copy for teachers/staff to access
- Surveys
  - Distribute in December faculty meeting for results to compare to past data

- Jamie concerned about question 1 being a “double question” which may impact survey results
- Change language of additional questions to include “PCSD Wellness Committee”
- Frankie suggested adding questions to the bottom such as: 1) DO you know who your school liaison is? What resources have you learned were available to you from them?
- After contemplation we decided to save Frankie’s suggestions for an additional evaluation tool at the end of the year
- Legislature Kari Rieser offered to create a tri-fold pamphlet and Jamie offered to contribute pictures

**Announcements:** Congratulations to the PFP who recently received the Sustainable Education award!!!

**Next Meeting:** Dec 10<sup>th</sup>: Continue discussion about creating a WC display for events/outreach  
Planned meeting topic: promoting physical activity in classrooms

Person	Activity/To-dos	Status
Christine	Forward December NL to Dr. W for approval; request translation; Send NL to AI	
Jamie	Prepare January NL and send to Christine by Nov 15	
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 December:</b> Using the Wellness binder, give a copy of one of the physical activities to your committee to use with students	
Events	<ul style="list-style-type: none"> <li>●Donate to Book Baskets; Miss Marino at ELC will take them</li> <li>●November: Diabetes Awareness. There will be an event at Morse School November 5 or 12 at 5-7pm</li> <li>February: Wear Red Month for Heart Disease</li> <li>March: Blood Drive; Date TBD</li> <li>March 9: Heart Walk, SUNY New Paltz departure</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>		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.*