

# Poughkeepsie City School District

## Wellness Meeting Minutes

September 17, 2015

**Attendees:** Franky Perez (PMS), Shayna Russo (Eat Smart NY), Ozie Williams (DOH), Christine Sergent (CCE), Alan Muhlnickel (FS Director), Kari Rieser (Community Member), Doreen Clifford (Krieger PTA), Jamie Levato (Pough Farm Project), Joann Bardin (PHS Nurse), Arlette Moraine (MISN)

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### Follow-up actions:

- Approval of July minutes

### Updates:

- October newsletter was translated and made available for sending home to parents

### Main Discussion:

- Great Halloween Candy Exchange: Ozie is working on Halloween candy collection sites. Ozie will send out flier to Wellness Committee. She will get fliers to all schools to go home in backpacks and is contacting Dr. Williams about this. Schools can be a drop off sites on Monday as long as there is a point person in each school. If the school decides not to give the book certificates to the students directly, books can be donated to the book baskets through Ms. Marino at the ELC.
- Wellness Regulation: We need to have someone talk to the school district about the regulation that is on the website because many parts are missing and there are many typos. Al will send a memo.
- Arlette plans to be present at the Taconic PTA training.
- Administrator Retreat Presentation: It went really well. Ozie made everyone pledge to be healthier and to promote health in their work. We will adapt the presentation to use at other settings such as PTA meetings, coaches meetings, student organizations, and the school board. Perhaps one of the monthly board workshop meetings would be ideal. We will work on leading the presentation for each PTA. PTA
- We will also seek some high school students to train as wellness ambassadors.
- We will look into doing presentations for the HS students in the auditorium during 1st period.
- Communicating the Wellness Policy and Regulations (suggestions from Pattie)
  - Now that the wellness policy has been officially BOE approved, I suggest that copies be distributed at each faculty meeting and that wellness reps. spend a few minutes reviewing it and discussing promoting a culture of health and wellness ( I know you are planning on releasing the binders too so maybe this can be done in tandem)
  - The Regulations-We were told that Dr. Williams has approved them. However, nothing official has come out of her office. At this time the regulations are not in the binder. Can we ask Dr. Williams for her stamp of approval? A signature and date, maybe even put them on letterhead, something to signify that it is an official document??
  - Once this is complete it will be necessary to start to communicate these regulations as well. Ideally this would be done in stages using a variety of platforms.

**Upcoming events:** See table below

**Next meeting:** October 8 @ 3:15 in PMS Library

Person	Activity/To-dos	Status
Christine	Forward NL to Dr. W for approval; request translation; Send NL to Al	Done Pending
Shayna	Prepare November NL and send to Christine by Sept 30	Done
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>• Great Halloween Candy Exchange-Nov 1<sup>st</sup>, Children's medical Groups on Fulton or Route 9</li></ul>	

<b>Month</b>	<b>Mtg Date</b>	<b>Minutes</b>	<b>Newsletter</b>	<b>NL due date</b>
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.*