

Wellness Committee

April 5, 2019

Attendance: Lauren Rood, Chris Hastie, Dawn Fulton, Amber Schlosser, Monica Lossino, Al Crouthamel, Lynne Deangelis, Jan Alpaugh, Gerry Giarratana, Nina Piper

Agenda:

1. Nutrition:
 - a. Education-Wall of Wellness updates:
 - i. Move to cafeteria - summer transition and ask food focus group about placement
 - ii. TV working in cafe - Jan updates?
 1. Student ideas - broadcast and meet with Mrs. Rugel and Mr. Gilbert
 2. Jan Doddy working with Brian Gilbert to broadcast
 - b. Future Expos:
 - i. [Blue zones](#): Lynne Deangelis
 - ii. Partnership with local colleges- Dawn Fulton
 1. ESU - graduate students, goals and future assessments
 - c. Apple Crunch Day - Jan review
 - i. Consistent time district-wide on same date
2. Gardening:
 - a. Composting Project
 - i. Erin - website: www.rts.com & [resource](#)
 1. Free assessment - share with AST, PALMS group
 2. Lynne will share contact with Amber
 - ii. Discussion with food services and maintenance to create the facility to complete this project - Gerry & Al?
 1. Process, Design, Product has been approved
 2. Julia Killcoyne, Erin - Jan check with during food focus group
3. Physical Education:
 - a. Student Extracurriculars: non-competitive activities
 - i. Early September - starting at the middle school level - Donna survey
 - ii. Cooking Club: student interest, volunteer to help those in need (hours), possible family cooking class?
 1. May event - Gerry G. at PALMS, Nina post volunteer opportunities
 2. 2019-20 cooking class during school hours: Gerry G.
 - a. Discuss at first mtg.
4. Student Feedback:
 - a. Quarterly student focus group
 - i. Jan - fresh fruit bar, Meatless Monday, yogurt bar
 - b. Improvements/Needs:
 - i. vegetarian options: soup, other options

1. Meatless Monday
 - ii. Advertise vegetarian options
 - iii. Survey students
 1. Jan check with focus group - chefs, farm to table, local restaurants
- c. Food Commentary:
 - i. Vending machines: are we meeting the guidelines and can we replace with healthier options? Gerry thoughts?
 1. Suggestions: bars (clean, cliff, lara)
 2. Frozen yogurt machine - cafeteria
 - ii. Free sample day to introduce healthier options?

Other:

1. Mindfulness: training
 - a. Nina updates: Edwina Frasca-Stuart <efstuart@bucksiu.org>
 - i. Dr. Frasca-Stuart: create a professional development plan for implementation
 - ii. Trainings offered through the IU
 1. District-wide: PALMS and PHS in need
 2. 2019-20 school year
 - b. Gerry - Wellness review updates
 - i. Overall positive feedback
 - ii. Area of Improvement: physical activity, scheduling students met requirements

Next Meeting: September 2019