

**Baldwinsville Central School District
Wellness Council Meeting Minutes
February 11, 2009**

In attendance: Colin Kahl, Brian Wright, Shannon Cavedine, Amy Potrzeba, Beth Mahon, Candy Sweeney, Kathy Honsinger, Cindy Hinkle and Kristen Foote

1. Sub-Committee Reports

Nutrition – Brian Wright reports on new menu item ideas brought back from the National School Nutrition conference in Philadelphia. Whole wheat Taco bowls for salads and Fiesta rice side dishes are appealing, healthy and will be tried at the upper level schools. Healthy vend machines continue to be popular and new options to be added including sliced fruits. The “Got Milk?” campaign filmed a commercial using Durgee and Elden schools for the setting. Switched to plastic milk bottles at breakfast and will be trying packaged mini-pancakes as a new breakfast item.

Physical Activity – Candy Sweeney shared info on the Fitness Gram test that will soon be taking place, a team of 7 PE teachers will be visiting district schools to complete the assessments which will include BMI measurement (soon to be state mandated).

Outreach/Education and individual school info – Monthly Wellness Information from EAP is sent out to district staff members from Human Resources. **Baker** has morning swim for staff, Handball tournaments benefitting the Food Bank, and the Fitness Room reports over 10,000 uses last year. **Durgee** reports in increase in breakfast participation as well as an increase in free and reduced lunch applications. There are pick up basketball games for staff as well as a Biggest Loser contest. **Ray** is working on increasing breakfast participation, and a Walk and Win program is in the works. Wellness announcements continue to be made each week. **Elden** has a Fun Walk around the fitness path when weather allows, they have Basketball/Volleyball intramurals, extra PE time for all classes, 5th graders walk into the village to bowl, and there are activity-based field days that take place. Extra PE time is also given as a reward for good behavior. **McNamara** has winter and summer Olympics, Heart Health Education in PE classes, American Heart Assoc. jump rope activities, Biggest Loser contests and teachers doing fitness walks after school. **Reynolds** has ordered wellness kits and continues with weekly wellness announcements. **Van Buren** is working on an all-new Wellness Fair and increasing walking activities.

2. Jackie Shostack, Health Educator with the Onondaga County Health Dept.

Jackie presented many materials for the Wellness Council members including Healthy Schools Program from the Alliance for a Healthier Generation, Success Stories, Healthy Kids, Healthy New York After-School Initiative Toolkit, and The

Healthy Steps to Albany program, and information from the Syracuse City School District. Jackie promoted completion of the School Health Index at each school, which when complete can give an overview of each school's strengths and areas which need improvement, and can be used as a framework in obtaining grants. She also suggested strengthening the Wellness efforts in each school, and looking at our district Policy on a regular basis, and evaluating how we are meeting our goals. The OCHD can act as a support and resource for us along the way.

Next meeting is Wednesday April 29, 2009 at the District Office