

Health & Wellness Committee Meeting

Wednesday, January 31, 2024

Innovation Room @ RHS (140) - 3:00 - 4:00

MEMBERS/ATTENDEES

- | | |
|---|---|
| <input checked="" type="checkbox"/> Katie Andersen - Asst. Superintendent | <input checked="" type="checkbox"/> Carolyn Peck - District Coordinator |
| <input checked="" type="checkbox"/> Tom Burnell - Asst. Superintendent | <input checked="" type="checkbox"/> Rose Anne Serpico - BOE Trustee |
| <input type="checkbox"/> Emily Davison - Director of PPS | <input checked="" type="checkbox"/> Ed Davenport - RHS Principal |
| <input type="checkbox"/> Meg Rodier - RHS Social Worker | <input checked="" type="checkbox"/> Theresa Costakis - Nurse |
| <input checked="" type="checkbox"/> Larry Anthony - Food Service Director | <input type="checkbox"/> Beth Heady - BMS/RHS Greeter |
| <input checked="" type="checkbox"/> Regina Messa - Sec. to BMS Principal | <input type="checkbox"/> Shai DiMetro - Teacher |
| <input checked="" type="checkbox"/> Nicole Reuter - Teacher | <input type="checkbox"/> Mary Fleischhauer - Teacher |
| <input checked="" type="checkbox"/> Melissa Mincher - Teacher | <input checked="" type="checkbox"/> Jessica Sumber - BMS Social Worker |
| <input checked="" type="checkbox"/> Student Member -Isabella Ortiz-Morales | <input checked="" type="checkbox"/> Stacy Stoliker - Admin. Assist. to Dir.
of PPS |
| <input checked="" type="checkbox"/> Student Member - Bluebell Qusted | <input checked="" type="checkbox"/> Andrea Pyros Nevarez - Parent |
| <input checked="" type="checkbox"/> Katherine Mustello - Sec. to Dir. of
Facilities & Technology | |

AGENDA

CHECK-IN: STUDENTS

- Review/Discuss "Check-In" Students completed (Results displayed at the end of the minutes)

BMS & RHS over 50% of students requested to learn more about fitness and exercise. This dovetails nicely with updating the weight room

Also Nutrition, study skills, healthy relationships. CLS & RHS healthy sleep habits came to the top. 32% in BMS. Managing stress also came up.

BMS & RHS results were more similar. CLS slightly different. Over 150 RHS responses, over 200 in BMS and over 80 in CLS

WEIGHT ROOM

- Where are we in the process?

KA & CP met with two companies as well as coaches, PE teacher and AD. All new equipment will hopefully be “branded” with Hawk logo. CP wants to be sure there will be weights of all sizes so students of all abilities/experience will be comfortable. Goal is to have the work done over the summer. Some prep work needs to be done prior to the renovation. Funds need to be spent by September. Stairs to the “landing” will be removed as they are not to code. Flooring is in good condition and does not need to be changed.

SS asked if the underlying structure is fine or needs to be worked on. The goal is for this to be an inviting space for students and adults. KA said when she speaks to students they are excited about having a renovated space. NR said students ask to use the weight room during study hall. CP said students want it, and that was proved out with the survey. KA said now we know the student’s area of interest. She mentioned LA and focus on nutrition, there is \$\$ allocated for addressing this with our students. Wants us to envision what kind of programming we want to bring in from the community. Mentioned PE council at CLS which she sees as highly successful. LA gave credit to K.Yarnell and the group started with fitness, leadership and has moved to nutrition. Kevin has themes, next month is Heart Healthy Month. LA tries to tie the program to school lunch, and talk about food experiences. TB mentioned that previously H&W only did programming outside of the school day. If the committee wants to do programming during the day it has to be approved by principals. LA mentioned a way they did this at CLS with a smoothie as a reward. KA asked what LA availability is during the day. He said yes. KM mentioned community lunch would be a good time to provide programming. AP sent an email to her suggesting a motivational speaker that the PTSO would help support. Tanner Clark is who she suggested. He hosts a podcast One second of Strength and speaks all over the world. He speaks on several topics that would be good for BMS/RHS. KM asked if this fits with the survey results. AP asked if programming

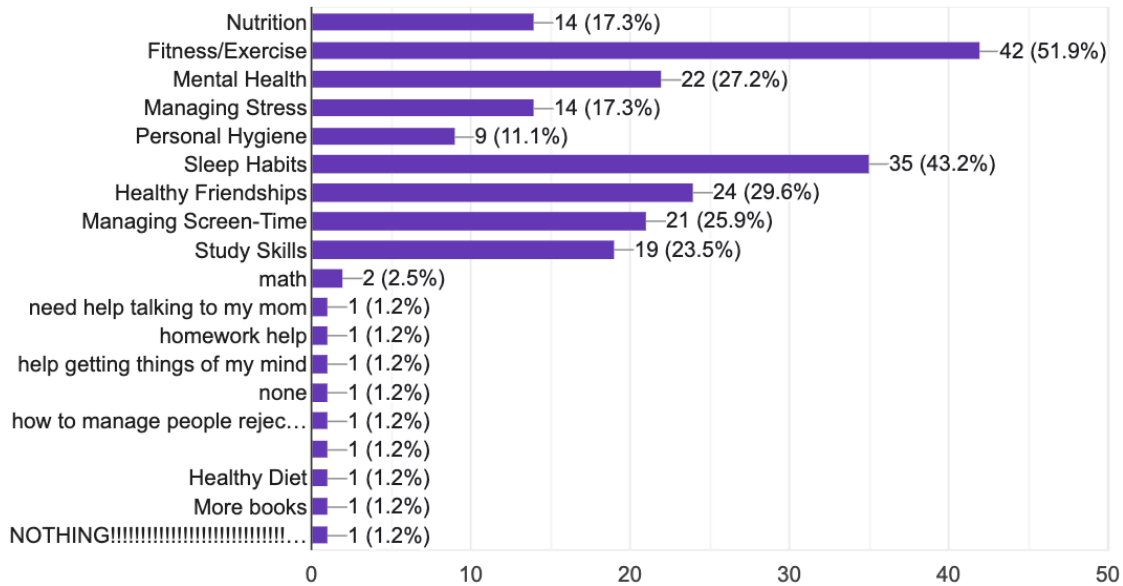
would be done for a specific segment of our population? Student athletes for example. CP suggested our AT might be able to fill that need. SS mentioned LA could cover homemade snacks.

- What is next?

KA said results will be sent out. Bring suggestions for speakers to the next meeting. KM asked if we are looking for one offs, or programs. KA said she would like to see us form a relationship that we can sustain over time. The impact of the speaker has to be worth the loss of instructional time. KM pointed out follow up can be done by others but it can be hard to organize that.

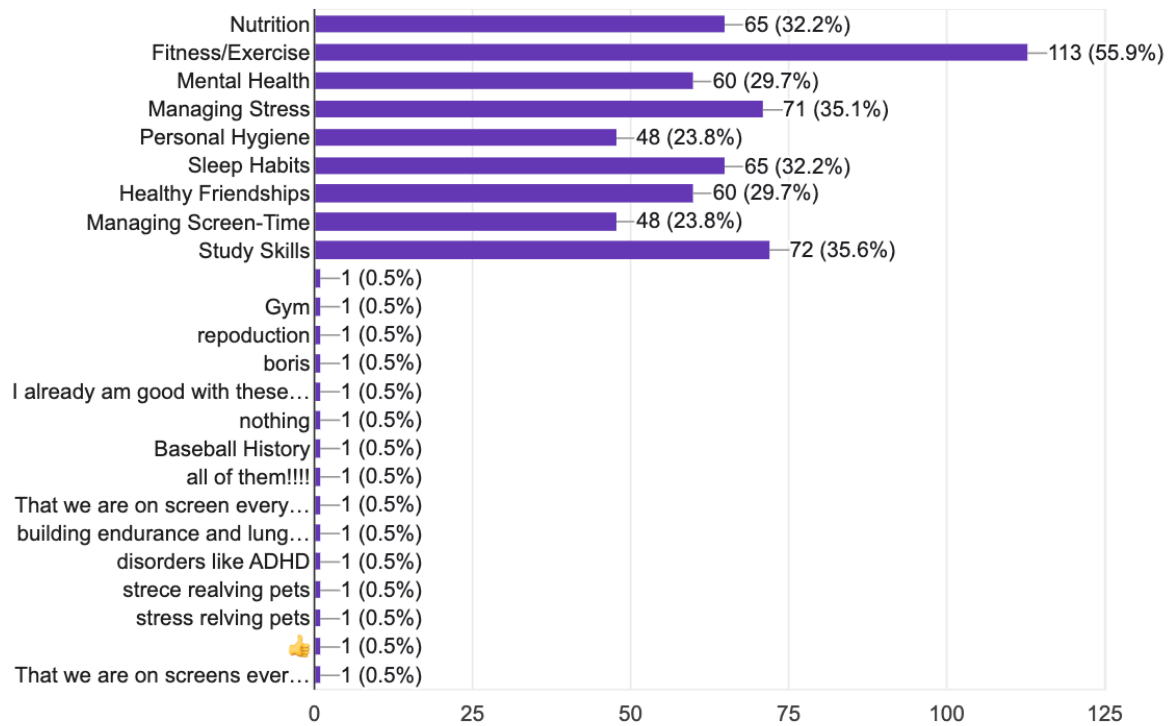
CLS “Check-In” Results:

81 responses



BMS "Check-In" Results

202 responses



RHS "Check-In" Results

154 responses

