

Health & Wellness Committee Meeting

Wednesday, November 29, 2023

CLS - PD Room - 3:00 - 4:00

MEMBERS/ATTENDEES

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

AGENDA

Check-in: STUDENTS

- Review/Discuss update completed by Katie, Emily, and Carolyn
 - Ask students to choose top 3 areas of health and wellness that are important to them
 - Emily - takeaways from PPS staff trainings - focus on information and not emotional state
 - We want to use language that isn't triggering and also being mindful of approaching our standpoint to planning for the year
 - Katie - change language from "survey" to "check-in" and not double survey on mental health since it's proposed for spring

- Moving to spring and thinking how to unify all of the outreaches we are completing with students
- Check-in given during PE in the HS, and MS Team Leaders, for CLS to send out to grades 3-5 via principal
- Add “drugs/alcohol/vaping (substance abuse)” & “healthy decision making” to 6-8, 9-12
- Add ‘healthy choices’ to 3-5
- Plan to give it out before Winter Break to students

WEIGHT ROOM

- What is next?
 - Painting the weight room; per Sheldon, can be done during the school year
 - Kettlebells, dumbbells, benches are in good condition
 - Use stickers to label equipment that needs to be removed
 - If stairs are removed there’s more wall space
 - Rebranding the name ‘weight room’ - (the “Fit Nest” could be a possibility- creds to Beth)
 - Nicole - cardio equipment on the stage? Codes for machines to stairs distance?
- Specific Vendor? Need three quotes?
 - Katie spoke to Tom about choosing vendor
 - Matt Senate toured and Katie asked about vendors and designers
 - Getting input from teachers who use the space
 - Some vendors include design of the space
- What can be completed before next meeting?
 - Work with Sheldon for dimensions
 - Meet with Tom
 - Tag items that need to be excessed
 - Looking at equipment that folds away to create space
 - Invite students to participate in the vision of the space (maybe through PE)
 - Code to see if cardio equipment can be added to the stage
 - OR - How can the stage be used as extra space?

FOOD SERVICES (LARRY)

- Any updates to share?
 - Civics Enrichment class had an interest based project
 - At discovery fest kids planted seedlings
 - It's in the BMS hall near hawks nest
 - Harvest on the 5th of December
 - Will be using lettuce to serve at lunch

- Pursuing 30% initiative
 - 800+ districts (less than 1% pursuing this)
 - Making connections with local farms and products - learning seasons and products
 - Work with Cornell Cooperative
- Food Service Conference
 - kitchen/cafeteria design
 - Dan (LTI) will take picture of the spaces in Rhinebeck cafeteria and kitchen
 - Offer support with equipment, decorating the walls of the cafeteria & kitchen, updating and making spaces welcoming
 - Source Well does state bidding

Anything else?

- Mary - CPR training
 - CLS feedback for opportunity to train
 - Tie in with AED
 - Partner with paramedics?
- Emily
 - Make a list of trainings we need to offer each year
 - Opportunity over the summer, after school
 - If folks want to be trained, then we can make schedules to have people sign up
 - 'Voluntary' and 'equitable' opportunities for trainings

- Carolyn
 - If a group will get together, days after school are possible.
 - We can get a list of trainers, especially CPR; we have some trainers in-house

- Emily - UNIFIED BASKETBALL
 - Opportunity for students with disabilities to engage with peers in athletic competition
 - Steve helped put into the budget
 - Will happen in the spring
 - Program is through the special olympics
 - Spring roll out
 - All hands on deck!
 - This is so exciting!!! Go Hawks!