November 9, 2011

Attendance: Danielle Grise, Ginger Epstein, Amy Malinowksi, Mary Axworthy, Shevonne, Travers, Connie Tompkins, Catrina Simeck, Allison Dean, Judy Lilly, Cheryl Aley, Tammy Frieberg, Michal Aiken

* Introductions
* General Wellness Updates
  + CHS new to role now that x-country is done – is excited about jumping in after meeting with Amy the principal
  + CMS said we are gearing up for 30 day challenge, M & W exercise & walking and staff lounge revamp
  + PPP working on 30 challenge, cafeteria worker is taking on a 2nd grade, teachers are going to choose recipes for snacks and meals
  + MBS has ½ doz people on committee, 3 week synopsis of healthy events with yoga, donations to flood relief with donations, 3 week session of Zumba, Tai Chi is also being offered, next meeting will generate ideas for future activities and plans for Jan, Feb Mar, walking club of 3 – 6 people, two groups of staff organizing staff lounge and a pot luck,
  + UMS developed building group (6 people), put out flyers for PATH Adventure, generated ideas about what kids and staff can do by month, Jumping Jack challenge in Sept., November NED presentation, and harvest party coming up, potluck for teacher conference day, spoke with occupational therapist and is coming to do an IA training and later for teachers
  + Jump With Jill – all elementary and middle schools are participating in May 2-2012
  + School Action Plans – will stick with plans for this year
  + Community Hall walking kickoff – Amy shared Free Press publication, change of time
  + Connie has tried to get to all faculty meetings to introduce herself and program, new Wellness Website and links to all sites, let her know if you want more info or updates by email
* Tammy asked about money collection for PATH articles that cost more then the $10 free. She asked Connie to research that and let her know how money should be transferred.
* Tammy and Mary, as nurses, are having a dilemma about foods being brought from home and allergies or sensitivities. Amy suggested attempting to change to a “fruit” celebration and everyone buys into it. Other ways to celebrate……perhaps a quarterly celebration of all birthdays in that quarter. Ladies are asking for feedback from committee for ideas and email them.
* Allison asked that we get the junk out of cafeteria if we are asking for celebrations with “junk food” to be limited or deleted from classrooms
* Group would like to take request to Steve to change the food service –
* Cheryl suggested making sub-committee. *11.10.11 Deemed unnecessary as food service is currently being reviewed by CSD staff.*
* 30 Day Wellness Challenge – Connie reiterated the purpose/focus month of January. Connie will take care of media
  + Danielle and Amy have a date to meet to plan this
  + Ginger described the program for CMS and Shevonne described the media videography piece and how much they wanted to visit each school to create a “how to” video for other schools to be able to utilize for future
  + MBS talking tomorrow no plans yet
  + PPS no where yet
  + UMS no where yet
* Connie asked to be invited to meetings
* To involved parents or other community members, could set up tables or stands to inform people about wellness stuff in the building during the challenge month
* Cheryl is suggesting a district running event to fund raise – individuals/relays (Joe – Run Vermont) . Run Vermont charges a fee but can do all the organization piece. Parks & Rec are willing to pair with us. Suggestion to make it into an Expo including the event. Wellness Fair including a mixture of events. Need to set a date. Perhaps school year kick off.
* Connie shared CSA
* Food Service provided snack from Shelburne Farms – cheese, apples & crackers