**District Wellness Committee MINUTES**

**October 12, 2011**

**3:30pm-4:30pm**

**Location: CHS Library**

**In Attendance: Connie Gavin, Amy Malinowski, Ginger Epstein, Cheryl Alley, Shevonne Travers, Alison Dean, Darlene Mulcahy, Michal & Emmi Aiken, Amy Minor, Danielle Grise (at x-country practice – will join later), Dawn Bissonette (please add Dawn Bissonette to email list), Katrina Simeck, Mary Axworthy, Julie Benay**

1. Welcome back- Reading of the 2009 CSD Wellness Committee Mission Statement (posted on website)
   1. Introductions
   2. Celebration of 2010-2011 successes - **handout**
   3. Wellness Policy update – **handout – new policy adopted 10/4/11 by board**
      * **Connie was invited to participate in the District Visioning Summit. She sat in with a pre-established group identified as Wellness- exciting to see that Wellness was a need identified by the community/ Visioning Summit!**
2. Roles and Responsibilities
   1. Wellness Coordinator (20 hours/week**) Brief summary of role – focused on staff wellness**
      * facilitate wellness committee
      * district wide event coordination- 5 a day the color way and 30 day challenge,
      * **District wide wellness offerings: fitness classes, workshops, CSA, Vtrim, etc.**
      * VEHI Action plan and school site action plans
   2. School Site Leaders- **focused on staff wellness**
      * monthly building staff initiatives
      * quarterly district meetings and the two district wide campaigns (staff/student)
      * clear communication w/ your school’s administrators about all Wellness initiatives
      * frequent communication with Well Coordinator.
      * *Distribute VEHI/PATH to wellness info: Invest EAP, PATH adventure, etc.*
3. Wellness Committee
   1. Quarterly meetings

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Time** | **Location** | **Purpose** |
| October        12 (Wednesday) | 3:30-4:30pm | CHS Library | * Introductions * Celebrate Successes * Plan 30 Day Challenge (January) |
| November         9 (Wednesday) | 3:30-4:30pm | CHS Library | * Plan 30 Day Challenge (January) |
| February           15 (Wednesday) | 3:30-4:30pm | CHS Library | * Plan Food Service Campaign (April) |
| May                   9 (Wednesday) | 3:30-4:30pm | CHS Library | * Reflection * School Board Meeting Planning (April) * Plan for 2012-2013 |

* 1. Two District Wide Campaigns – (tentatively) January and April

1. School Action Plans – **Connie will write goals based on activities and events already taking place**
2. Employee Wellness Survey
   1. Help drive goals, grants, initiatives **Survey was sent out in early fall and will be in contact with individual site leaders regarding feedback that is school specific**
3. Community Hall Walking – **(handout)** **Amy Malinowski gave a brief explanation – free pedometers- kick off in November – monitored through Colchester Parks and Rec. Management through them. Will make badges, sign in and out, waiver of liability. 11/1/11 community kick off 5pm at MBS! Please spread the word.**
4. Farm to School – **Connie Gavin and Steve Davis collaborating w/ CMS administrators to bring VTFEED to CMS. Connie gave a plug to encourage classroom activities to use local farm produce. Email Connie if interested in more information.**
5. Safe Routes to School – **Was contacted by organization to participate. Julie Benay shared: MBS are partners in the program. They have two events per year – now have grant to get new sidewalk – infrastructure. SR2S wants help collecting data. Julie will have classes do the data collection and collate results. Explained there are many different levels of participation. IF you are interested in more information or your school email Connie. Parent/Community volunteers are key to this program- walking busses.**
6. Funding opportunities/Fundraising – **If people know of any funding opportunities, share. Fuel up to Play 60 grant money spent on Smoothie bar to come.**

**Ginger gave an overview of CMS 30 Challenge, Shevonne added origination of video, Julie mentioned perhaps $ for prizes and we discussed pros and cons of this. Ginger will email resources to all with minutes**.

**Extra; MBS has two initiatives in progress, staff Zumba and Rock Climbing- see Wellness Website for dates/times/location.**

**Ginger suggested a group photo for publications. Photo will be taken November 9th meeting.**

**NEXT MEETING WEDNEDSAY 11/9/11 3:30 CHS LIBRARY**

**Thanks to everyone for coming!**