



# Wellness Committee Minutes

Beacon City School District Wellness Committee		
10/2/19	5:00-6:00 pm	Beacon High School - Library
Meeting called by	William C. Rolón, Ed.D. – District Wellness Chair	
Type of meeting	General	
Facilitator	William C. Rolón	
Attendees	Dr. Matt Landahl, Superintendent Flora Stadler, BOE Member Elisa Soto, Beacon High School Principal John Giametta, Athletic Director Karen Pagano, Beacon Food Services Director Catie Biordi, Assistant Principal, Rombout Middle School Diane Tanzi, Beacon High School Teacher Nicole Porto, Education Director, Hudson Valley Seed Gillian Ramkalawan, Community Member, Parent Katie Sheehan-Lopez, Get Smart NY Nutrition Educator, Cornell Cooperative Extension Ashley Lederer, Community Member, Parent	
Meeting Called to Order and Introductions		
4:00-4:05 pm	All Attendees	
Review of Meeting Dates	Person(s) Responsible	Deadline
4:05-4:10 pm	Bill Rolon	Within Two Weeks
Action Items	Discussion	
Place Dates onto Website	Meeting dates were confirmed as follows:  October 2, 2019 November 6, 2019 December 4, 2019 January 8, 2019 February 5, 2019 March 4, 2020 April 1, 2020 May 6, 2020 June 3, 2020  If a cancellation occurs, an effort will be made to schedule a make-up date based upon reasonable availability.	

Review of Wellness Policy		Person(s) Responsible	Deadline
4:10-4:15 pm		William C. Rolón	ASAP
Action Items	Discussion		
Revise Policy with Updated Information	Copies of the Beacon School District Wellness Policy were handed out to all attendees. People were encouraged to review the policy and re-familiarize themselves with it. It was reported by Bill Rolon that he has made the recommendation to revise and replace the contact email on page two of the policy from <a href="mailto:rumley.c@beaconk12.org">rumley.c@beaconk12.org</a> to <a href="mailto:rolon.w@beaconk12.org">rolon.w@beaconk12.org</a> . No further changes were recommendation at this time.		
Celebrating Our Success and Public Comment Period		Person(s) Responsible	Deadline
4:15-4:35 pm		All Attendees	N/A
		Discussion	
<b>Elisa Soto reported the following about the High School:</b>			
<p>Health</p> <ul style="list-style-type: none"> <li>Wellness fair and college night date- should we move it earlier? Date TBA</li> <li>S.A.D.D- Oct 18th pink out, Oct 22,23,24 Seat belt check, Breast cancer walk</li> <li>Homecoming dance- Linked to red ribbon week- All students will get drug free bracelets</li> <li>Community outreach coming into health classes - Cape, Lexington Center, Grace Smith House, Reliance workshop (National Guard)</li> <li>Love shouldn't hurt conference - Nov- TBA Dutchess Community college</li> <li>Family Fitness night- John, Catie, Diane</li> <li>Vaping- All flavored E-cigarettes, including Juul banned in NYS</li> </ul> <p>High School</p> <ul style="list-style-type: none"> <li>Flexible seating</li> <li>Social-emotional training</li> <li>Cape- Back to School Blind Spots presentation</li> <li>Committee training</li> <li>New social worker to help address drug/alcohol issues and promote mental health awareness</li> </ul> <p>Athletics:</p> <ul style="list-style-type: none"> <li>Student of the month In P.E</li> <li>National walk to school day</li> <li>Hoop shoots -Date TBA</li> <li>Unified basketball team - 6 game schedule</li> <li>Elective base P.E</li> <li>Project Adventure</li> <li>Social Media/ Twitter</li> <li>Girls in sports day success - 100 girls signed up - will we do it again?</li> <li>PE changes-over the year- more P.E time</li> </ul>			

**John Giametta reported the following about Athletics:**

Accomplishments so far this year:

- A focus on "Empathy" during our PE/Health Classes
- Girls in Sports Day- Over 100 Beacon Students participated from all 4 elementary schools and RMS
- Walk to School Day- All Schools participated
- All 4 Elementary schools and RMS will be doing PE Student of the Month
- Project Adventure curriculum being developed for 6th grade
- PE/Health on Social Media (Twitter)
- Elective Based PE classes at BHS

For the future:

- Elks Club Hoop Shoot for all elementary/RMS students
- Unified Basketball Team- Students w/ Special needs compete against other districts with the support of our student body
- Hosting a PD day for PE initiatives throughout Dutchess County (Tentatively 3/13/2020)
- Family Fitness Fun Night- Hosted by the BCSD Physical Education Department (Tentatively at RMS from 6-8pm on 1/17/20)

**Catie Biordi reported the following about Rombout:**

- "Lesson of the Month" - focusing on pushing our teachers to do activities and lessons with our students that get them up and moving.
- Started Environmental Club which will begin constructing our new vegetable garden.
- Sent 2 teachers to the Poughkeepsie Farm project training for garden educators.
- 2nd year of Farm to School Committee which helps implement Karen Pagano's ideas/initiatives at RMS. Tastings, promoting new menu items, etc.
- John and I coplanned and co-facilitated Girls in Sports Day (9/15/19) - lots of great feedback (<https://www.youtube.com/watch?v=w37Dkaifi10> )
- CAPE is coming in to RMS Nov. 21st and 22nd to do Vaping presentations to 7th and 8th graders.
- Bring our 8th grade to an Army Basketball game in January for their Wellness Education Day - kids watch the game and then there is a wellness fair during halftime.

**Dr. Landahl reported the following:**

- All three other schools that were not represented today have also been doing exciting things
- The district is expanding Common Ground this year.
- Chef in the Classroom
- Bees program for 4<sup>th</sup> grade
- Program for 5<sup>th</sup> grade
- Flexible seating initiative
- Fitness night
- Walk to School initiative
- Week long responsive training

- Restorative Practices

**Karen Pagano reported the following:**

- USDA Farm to School Grant - \$125,000 - Grant was 100000 with required match fund of 25000
- Food Service and Staff Education-part of the grant is to cover food service training and education
- Tying education and programming into the gardens-also part of the grant is working with RMS on the school garden education and instruction for teachers to integrate garden education into their curriculum
- Hiring a Farm to School coordinator- Will be working with Common ground farm to interview for this position which has been posted on CGF web site.
- Working on the NYS initiative to procure 30% of food for school lunches - of school foods from the state leading to a reimbursement of .19 cents more per child per meal. If we can prove we have met the threshold this year - next year we will be entitled to .19 more cents per reimbursed meal from NYS

**Nicole Porto reported the following:**

- Talked about having a cook-with-families event
- Discussed working with **I am Beacon** to generate more interest

Family Fitness Fun Night		Person(s) Responsible	Deadline
4:35-4:40 pm		Giametta, Pagano, Biordi, PE Staff	January 17, 2020
Action Item	Discussion		
Schedule and Promote Family Fitness Night	A tentative date has been set for January 17, 2020 from 6-8pm. At the next Wellness meeting, John will provide the committee with an update.		

Recipes for Tastings		Person(s) Responsible	Deadline
4:40-4:45 pm		Karen Pagano	TBD
Action Items	Discussion		
Continue providing tasting recipes to parents	<p>Start providing food tastings to parents in planning of events where parents are present in the buildings and continue to merge Hudson Valley Seed and their Veggie of the Month recipes. Hudson Valley seed veg of the month is already connected to the Food Service programming for the Elementary planning - we set this in place last year. The recipes for VOM that we serve in the cafeterias may be different than the recipes HVS does in class experiences based on equipment- complexity of recipe etc. our focus is to introduce the VOM in many ways including menu items for serving in all the cafeterias as well as the classroom programming with HVS.</p>		
Integrate MV onto Monitors		Person(s) Responsible	Deadline
4:45-4:50 pm		Karen Pagano	TBD
Action Items	Discussion		
Integrate Mealviewers onto Monitors	<p>We currently have two monitors in place - one in RMS and one at BHS cafeteria. The program being used for these requires daily changing of the content in order for it to show the menu of the day - Our goal is to upgrade the software so the Mealviewer program that currently hosts our menus can be connected to these monitors for real time changing of menus, nutritional profiles and promotions.</p>		

Family Cooking Event		Person(s) Responsible	Deadline
4:50-4:55 pm		Nicole, Catie, Bill	TBD
Action Items	Discussion		
Organize a community Cooking Event for local families.	This was an event that was done in the past and we should work with I Am Beacon in order to get more parents and community involved. We will discuss this at the next committee meeting in order to discuss next steps and develop new ideas and set goals for the event.		
Nutrition Education for Low Income Students		Person(s) Responsible	Deadline
4:55-5:00 pm		Katie	TBD
Action Items	Discussion		
	More of this topic will be discussed at future meetings.		
Update Wellness Page on Website		Person(s) Responsible	Deadline
5:00-5:05 pm		Bill, Flora	Within Two Weeks
Action Items	Discussion		
The Beacon City School District will maintain a regularly updated webpage on the BCSD website	<p>The committee decided that the Wellness page on the Beacon School District website is not up-to-date. For the 2019-2020 school year the website will reflect the following:</p> <ul style="list-style-type: none"> <li>• Committee Agenda Meetings</li> <li>• Committee Meeting Minutes</li> <li>• Committee Meeting Dates</li> <li>• Calendar of Activities</li> <li>• The Wellness Committee Agenda (To Be Discussed)</li> <li>• Wellness Newsletter</li> <li>• Parent, Student, Teacher Resources</li> <li>• Pictures taken of wellness activities</li> </ul>		

<b>Career/Wellness Fair</b>		<b>Person(s) Responsible</b>	<b>Deadline</b>
5:05-5:10 pm		Diane, Elisa, Michelle Polhamus	3 weeks to discuss logistics
<b>Action Items</b>	<b>Discussion</b>		
The High School will plan, advertise, and hold a career/wellness Fair	As part of Beacon High School wellness initiative, Diane and Michelle are coordinating this event and are beginning to reach out to the community to for participation. Logistics of the event will be decided by the next the meeting.		
<b>Wellness Newsletter</b>		<b>Person(s) Responsible</b>	<b>Deadline</b>
5:10-5:15 pm		Bill, Flora, Catie, Diane, Matt	November 6
<b>Action Items</b>	<b>Discussion</b>		
Produce a wellness newsletter that represents all schools throughout the Beacon School District.	The committee expressed that there is a need to connect all the schools with updated information about their wellness initiatives. The committee decided that a wellness newsletter should be developed and shared throughout the school community. The goal for the 2019-2020 is to produce three editions of this newsletter. By the next meeting, we will have secured dates for each edition and we will have communicated to schools the expectation to provide wellness-related updates and initiatives		
Meeting Adjourned: Next Meeting November 6, 2019 4:00-5:00 pm			