



# Health & Wellness Committee

*Our mission is to champion the value of healthy eating, exercise, and lifestyle choices for the PCSD community through research, education, and the development and monitoring of school district policies and programs.*

## 2018-2019 Year-End Report

### Goals established for the 2018-2019 School Year

- Make Wonderful Wellness Day an annual event
- Create a website where the community can reference policy, events, and happenings with the Health and Wellness Committee.
- Incorporate a Social Emotional component

It is important to acknowledge and thank all the student volunteers, teachers, administrators, parents, community members, PTA and PTSA, PCSD BOE members, transportation and building and grounds department who contribute their time and resources to support our mission. Without their collaboration and support we would not have been able to accomplish the following:

### Communication

Information about the H&WC, healthy eating and lifestyles choices, and school and district-wide events was disseminated via:

- Various forms of social media
- H&WC member representation at various school functions ( Movie Night, etc...)
- PCSD website
- *Tiger Tales* – PES monthly newsletter

### Wonderful Wellness Day

Our second district-wide community event, Wonderful Wellness Day, was held on Saturday, March 9, 2019. The event was a huge success with over seventy registrants. Families came out to play miniature golf, Gaga, obstacle courses, cooperative games, “color calmly”, dance, and learn how to create healthy snacks such as homemade hummus and smoothies. Scooter City was a big hit with younger children as they navigated their way through various community shops. A relaxing yoga class and free family portraits rounded out a fun, healthy, and active day. One lucky community member even went home with a brand new bicycle.

### Stone Soup

The community joined together for another year of Stone Soup on Friday, February 8, 2019. This year the HWC offered 3 dance workshops, Irish Dancing, Ballroom Dancing and Dancing With The HS Varsity Dance Team. The Blue Olive was also there with their workshop on Healthy Cooking with Olive Oil.

### **Snackarooza**

Elementary school students enjoyed their tenth annual Snackarooza on Thursday, March 21st. This popular wellness event coincides each year with National Nutrition Month, an annual campaign sponsored by the Academy of Nutrition and Dietetics to promote healthy eating and physical activity habits. Serving healthy snacks to children is particularly important for providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent diseases such as heart disease, cancer, diabetes, high blood pressure, and obesity. This event is a healthy reminder that snacks are an important way to make sure children are getting good sources of energy during the day, and provide fiber and other nutrients.

### **Walk Before School Day**

Our 4th Annual Walk Before School Day at Pawling Elementary School was held Tuesday, June 4, 2019. The HS Marching Band kicked off the morning with some amazing music while Ms. Rinaldo and our high school volunteers got everyone warmed-up and stretching. Students then completed a 1-mile walking course led by the Marching Band. Water and a small gift were given to all students who participated.

### **School Lunch Program**

School lunch had many success stories for new food offerings and samples. Students enjoyed acorn squash, couscous salad, quinoa, grilled vegetables, brown rice, feta cheese, and veggie pizza on Friday. A popular item was un-breaded chicken breast slices offered on a green salad of romaine, spinach and leaf lettuce, sliced cucumbers, and cherry tomatoes. Un-breaded chicken was also offered in the chicken parmesan sandwich, another well-liked item. Local corn on the cob and top your own yogurt bar was back again this year.

### **Jump Rope for Heart**

This year elementary school students raised a total of \$9,359.99 for the American Heart Association during our Kids Heart Challenge. This was our 18th year of participation! A total of 70 students registered for the event which was held over the course of 3 morning time slots. The students participated in various jumping activities including jumping individual ropes and long turned ropes, twirl and jumps, hopscotch, riding bouncy balls, hula hooping, etc.

### **Goals established for the 2019-2020 School Year**

- Incorporate more activities during Wonderful Wellness Day for MS students.
- Explore Social Emotional Learning-Wellness Room
- Create a link on our district website for H&WC and keep it up to date

**Committee Members:**

Karen Aldana	HS Student	Chloe Agopian	HS Student
Emily Barrett	HS Student	Annie Bekkelund	HS Student
Caroline Bennett	Occupational Therapist	Veronica Bucci	HS Student
Karen Burka	Parent	Helen Callan	HS Principal
Sofia Carrozza	HS Student	Lauren Collica	Food Services Manager
Danielle Chu	HS Student	Jessica Dickinson	Pawling Rec Director
Emma Donovan	HS Student	Stacy Dumont	HS Special Ed Teacher
Ellie Farquhar	HS Student	Kim Fontana	Sup't of Schools
Abigail Greco	HS Student	Marie Jackson	HS Student
Cary Keesler	HS Student	Mary Keesler	MS Student
Debra Kirkhus	Ass't Sup't Instruction	Teri Konchan	Speech Pathologist
Corinna Lozano	HS Student	Connor Mammola	HS Student
Pasquale Matera	HS Student	Ryan Maasz	HS Student
Tonio Merchan	HS Student	Lucy McWilliams	HS Student
Jennifer Pehmoeller	ES Physical Ed Teacher	Caroline Quentin	HS Teacher
Lauren Radicchi	HS Student	Thayle Reid-Hellberg	HS Student
Gillian Rinaldo	HS Science Teacher	Michelle Rivas	ES & MS Asst. Principal
Lisa Rywalt	ES Nurse	Izzy Salandra	MS Student
Caity Savarese	HS Student	Jocelin Sisalima	HS Student
Tafari Thompson	HS Student	Janice Traynor-Hack	Food Services Manager
Jacob Voudren	HS Student	Bill Ward	Retired Sup't Schools


Submitted by:

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Ann Molloy, District Wellness Coordinator

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Date