

## Minutes of the November 26, 2018 Salisbury Central School Wellness Committee Meeting

Present: Stephanie Magyar, Sue Bucceri, Kat Bucceri, Rachel Tantri, Elizabeth Schaufelberger, Michelle Sisk, Niccole Talhaoui, Michelle Valencia

Meeting called to order by Stephanie Magyar at 3:30pm

Stephanie welcomed everyone to the first Wellness meeting of the 18-19 school year and asked that everyone introduce themselves.

Sue gave a brief history of the Wellness Committee and the BOE Wellness Policy and there was a discussion of the work the committee has done in the past.

Stephanie asked the group what their vision of the Wellness Committee is going forward. There was a lengthy discussion of possible wellness initiatives and activities for SCS students and their families focusing on nutrition, the school garden, mindfulness and physical activity. It was suggested that the committee focus on holding two events between now and the end of the year. One event would revolve around food and the other event would involve some physical activity.

There was a brief explanation of the Wellness Policy and how it has evolved. The focus this year will be on determining how well SCS is implementing the policy. Stephanie and Sue will complete a wellness policy implementation assessment and report the results at the next meeting. The other members will review the policy and bring questions/comments to the next meeting.

Stephanie informed the group that there are a number of parents and SCS staff who have agreed to serve on the committee but were unable to attend today's meeting. There was a discussion about recruiting new members from the community especially those whose professions involve wellness. Stephanie mentioned that she will be working with the Student Council to ensure that students are represented on the committee and have a chance to be involved.

As the meeting ended, the group seemed focused on planning an all-school event centered on tasting new fruits and/or vegetables during lunch in the cafeteria. The theme would be eating a rainbow of food and would involve the students building a rainbow by trying these new colorful foods. Stephanie suggested that it would be possible to do an all school read aloud of a book recommended by Michelle and then have students break into their K-8 teams to do a related activity. Planning for this event will begin at the next meeting.

The next two committee meetings will be January 7<sup>th</sup> at 3:30 and January 28<sup>th</sup> at 3:30.

The meeting ended at 4:45 pm.

Respectfully submitted by Sue Bucceri.