



Wellness Committee Minutes February 5, 2020

Present:

Dr. William Rolon - Assistant Superintendent of Personnel and Policy
Dr. Matt Landahl - Superintendent
Karen Pagano - Director, Food Services
John Giametta - Director of Physical Education, Athletics, Health & Recreation - BCSD
Elisa Soto - Principal - Beacon High School
Cathryn Biordi - Assistant Principal, Rombout Middle School
Sember Weinman - Education Director, Common Ground Farm
Megan Hoffman - Garden Educator, Hudson Valley Seed
Kristen Barton - Council on Addiction Prevention & Education

Comments

WR - Attended several events throughout the month including the Hudson Valley Seed Movie Series and Family Fitness Fun Night. In an effort to complete the requirements for the triennial evaluation of the district's Wellness Policy, surveys will be distributed to all principals throughout the month of February. The goal is to have these surveys completed by the end of February so that they can be presented at the next Wellness Meeting and proceed to the next phase of the process.

MH - Hudson Valley Seed movie series showed 3 films at Story Screen. Films, directed by Jon Bowermaster, focused on seeds and farming, and featured the Hudson Valley Farm Hub. At school, 2nd graders are seriously developing cooking skills, working with different flavor profiles, mixing flavors, using different cooking tools and methods, learning how to read and develop recipes. The learning culminates in a complete recipe, this time it was veggie hummus tortilla wraps. **Family cooking event set for March 21, featuring breakfast burritos.** More details coming.

JG - Family Fitness Fun Night was a success! Very well attended, better numbers than 2019. Happy that the gym teachers ran the event this year, and there's already a date for next year. Varsity players of the year being recognized soon. **5th grade field day is happening on June 9th, and all students will be taken to the field.** Have some exciting initiatives for 2020-2021 school year already being planned.

ES - There have been many initiatives this year, including CAPE presentations, HS graduate expectations, clubs, etc. Also education for parents, such as learning about different dangerous apps, info about social media, how to monitor your student's phone. Also had a conversation with parents about drug use and abuse. There will be a follow-up meeting with CAPE, for parents to do walk-throughs in a bedroom to figure out 37 places where kids hide drugs. We've had a number of guest speakers, including Astor House. **Getting ready for the College and**

Health and Wellness Fair on April 2nd. Have also found someone to fill Diane Tanzi's role while she is on maternity leave, who will be taking on a lot of Diane's projects.

ML - We're wrapping up the capital project, and have the opportunity to start another one. This one will be potentially bigger, up to \$15.9 million. We're trying to get more community input this time. We're looking at ways to incorporate sustainability into the design, which is something the architecture firm has experience with. Recommendations for the projects can be provided to the Facilities Department or directly to Dr. Landahl. The vote for the new round of projects would be December 2020.

KB - (CAPE) - We have a program that pairs kids with a mentor (e.g., a teacher or coach) to get them more involved in physical fitness. We'd like to bring this back to Beacon.

SW - **Working on an international cooking session that coincides with the Calico Ball, teaching 3rd graders about dishes from around the world. We're working with Cornell Cooperative Extension to expand the bee project to 4th graders at all elementary schools.** They'll learn about bees/pollination, talk to beekeepers, etc. Also continuing to work with the USDA grant, planning another food service professional development in March. **CGF has taken on the backpack program, which used to be run by Kids R Kids. It's grown and now it includes JVF and may go to Sargent, as well.** May talk to BHS and RMS, as well. Also discussed the Beacon Bike Farm, which is part of the proposal for the old prison grounds, and how schools could utilize it.

KP - Working on a "Chopped" contest with food service staff, possibly with other districts, and could have students taste it. **Looking at a professional development workshop in March, or perhaps the beginning of next school year.** Mealviewer will be set up with a menu on one side of the screen, and the other space available for info like school videos, news, etc. **The 3rd and final phase of replacing disposable trays with washable trays in the cafeteria was completed at BHS. This brought the school down from 48 bags of trash daily to 12 (75% decrease).** Similar at Sargent. **By March 1, all counties in NY have to be plastic-free. The next government initiative will be banning the use of styrofoam, but we're no longer using them.**

Also a general discussion about the possibility of installing an industrial composter for the district. Dr. Landahl will talk to the architecture firm about it.

We also discussed the upcoming Wellness Policy review. Will assess and see if any changes need to be made. The assessment must be submitted by June 30. This month, we're starting with the recommended tools to assess policy with stakeholders, along with a brief evaluation tool for principals.

Next meeting is Wednesday, March 4th at 4pm at Beacon High School.