

Wellness Committee Meeting Minutes January 2017

Discussion took place about the Webpage. Members are encouraged to take time to view the page and offer up any suggestions for improvement. A suggestion was made to continue taking photos of students using the new equipment purchased last year. PE teachers can take photos themselves and pass them on to Matt McKinley or to Rebekah Grim. A question was brought up about the outdoor equipment and when that will be installed. We are looking at some time in the spring for installation of the equipment around the trail.

Anne Root is coaching a middle school team to participate in North Country Jr Iron Chef, a project of the Health Initiative that will be held on March 11th at AAK Middle School in Potsdam. The cooking and judging portion of the event runs from 10:15 a.m. until about 1:30 p.m. Everyone is encouraged to attend and cheer on the teams! Details are available at: <http://ncjrironchef.org/>

Sarah talked about the 9 elementary teachers from MCS who participated in a "Math and Movement" program designed for elementary kids. This program took place in Ogdensburg. There was interest in building racks to store the mats in. We will be checking into either building or purchasing racks in the future.

We have 5 staff members attending the Wellness Workshop at Southwest Tech in Gouverneur on Feb 10th. This is an all day workshop. Members will share with the rest of the committee their experiences from the workshop with the other members of the wellness committee at our next meeting.

Sarah discussed the funding for our school as a reminder. \$2,500 per school for a total of \$12,500 for the district. This years funding must be linked to our wellness policy. Submission deadline is March 31st. We will consider possible purchases when we meet to revamp our current wellness policy. Sarah will provide copies of last year's budget purchases.

5-10 minutes was spent reviewing the Erie 1 Wellness Policy and the MCS wellness policy. A brief discussion took place about the both policies. Question was brought up about having an elementary classroom teacher and a high school student being present when we develop our new policy. Matt will check into this.

It was determined that we would use a doodle poll to select our date to develop our new wellness policy. Hopefully sometime before the middle a March.

Adjourned at 5pm