

Good evening.

Back in March of 2016 we began a 5 year initiative to reduce major risk factors of obesity, type II diabetes and other chronic diseases here at MCS. Our approach tackled revisiting and revamping our wellness policy, establish a comprehensive school physical activity program and increase school districts ability to meet Healthy, Hunger-Free Kids Act of 2010 nutrition standards for foods sold outside of school meals. Because of our late start, we decided to focus our attention on supplementing our school's and community physical activity.

According to a recent Time magazine article, *"...only %20 of Americans get the recommended 150 minutes of strength and cardiovascular physical activity per week, more than half of all baby-boomers report doing no exercise whatsoever, and 80.2 million Americans over age 6 are entirely inactive."* Over the last several months, the wellness committee has worked diligently with our representative from the St. Lawrence County Health Initiative, Sarah Bentley-Garfinkel, to complete our application and to purchase equipment and games to help counter this behavior.

To refresh your memory, we were given \$2,500 per school for a total of \$12, 500 for the district for the 2015-2016 school year. This past year, we decided to focus our attention on those items that could be used during our PE classes and by the community. Our purpose behind many of these items is to introduce our students to fun games and activities that don't necessarily require you to be an athlete, but do require you to get up and move. Research has shown that people can burn up to 100 calories more per day by doing more active things such as taking the stairs, fidgeting, singing and laughing. Furthermore, we can reduce our risk of early death by %30 by simply moving regardless of how much exercise you do.

I need to point out that none of this could have been accomplished without the help of the St. Lawrence County Health Initiative, Creating Healthy Schools and Communities Project, and funding from the New York State Department of Health.

The committee's focus for this year is to revise our current wellness policy and have it ready to be reviewed and approved by the superintendent and BOE by the end of the 2016-2017 school year. Our goal is to have it ready to be implemented at the beginning of the 2017-2018 school year.

As for our 2016-17 budget, we will continue to discuss what might be our best long term and short term investments for our school and community.