

FLORAL PARK – BELLEROSE UFSD

WELLNESS COMMITTEE MEETING

MINUTES –JUNE 29, 2015

| | |
|--|--|
| Laura A. Ferone – School Board President | Jamie Adams – Administrator, FPB |
| Frank Lukasik- Administrator, JLC | Nora Epstein – Health Coordinator |
| Michael Fabiano – District Administrator | Shannon Moran – Parent, FPBS |
| Colleen Martin – Faculty Representative | Nadia Holubnyczyj – Ortiz, – Parent, JLC |
| Ingrid Taveras – Parent, FPBS | Shelia Moriarty – Parent, FPB |
| Maryellen- Conboy – Parent, FPBS | Marie Salata – School Lunch Manager |

Wellness Committee Members went over the details for October’s 2015 Wellness Activities

Colleen Martin – Second Week, Healthy Body:

- Fitness activity for 60 seconds as a group over the PA with music.
- PE Central has challenges on their website. We will be doing these challenges as well as hiking, recommended by Mrs. Moriarty, all week in PE class. These different exercises will be showing the benefits of cardio.
- Colleen will start her PE classes for the 2015-2016 school year with ringing of the bells at the beginning and end of each class.

Nadia Ortiz- Holubnyczyj - First Week, Healthy Mind: (10 minute window each day)

- Introduction to Mindfulness: Mindfulness of listening. Be mindful during class and at home doing chores.
- Day-2 listening for the bell (mindful ears). Relax until you no longer hear the bell. (Possibly do each day for 30 seconds.)
- Glitter Jars, Emotions. (Plastic Jars need to be purchased) Colleen recommended the glitter jar be made in Mrs. Ellis’ art class, one for each class rather than a jar for each student. Mrs. Ellis would also work on the cardboard cut outs of bodies that we will provide.
- Mantras- Positive affirmation, what we do when we feel anger coming on.
- How will we introduce this to the students and teachers? Nadia provided a rough draft of a schedule she had written for the Month of Wellness.

- Kick-off Assembly - we will introduce the first week of Mindfulness to the student body, explaining what Mindfulness is and also explain the ringing of the bells. (Have an example) Nadia suggested using the Smart Boards for the students. In addition have a calendar for the week for the students.

Marie Salata – Mindful Eating Week:

- The menu will be designed for the month to follow the USDA guidelines for vegetables by color.
- Students will be asked to wear colors for the day that match the menu's vegetable.* Mon. – Dark Green (Spinach, Broccoli, Romaine.* Tues. Red/ Orange-Carrots, Sweet Potato Fries.* Wed. Blue/Green- Beans, Celery, *Thurs. Yellow/Starch – Corn, Potatoes. * Fri. Orange/ Beans- Black, Kidney & Garbanzo.
- We will be placing the menu on an easel in the cafeteria. The portions and calories will be listed. We will ask the students to write on a post- it and place it on the back wall. (Which food stayed with them? What fruit or vegetable they liked or disliked.)

Healthy Me:

- Home connection, hydrating, mindful listening.
- What did you eat, how long do you sleep? We will send a packet home.

Culmination Week:

- Last week we may have a water challenge. Maybe having something the younger children can color as they drink their water. Water fountains are now available with a top spigot to fill water bottles.
- Game show in the auditorium? It would focus on what they have learned during the past weeks (Healthy Plate)
- Each of us should submit five questions for the game show. Colleen will contact Debra Dubetta to see if she will speak at our assembly. Presentation in the cafeteria on nutrition, no food will be served. This night will be tied into Unity Day.
- We are in need of volunteers for this event. We will reach out to the students at the High School.
- (RSVP) In addition, we will send out flyers that will need to be returned to a central location because of the size of our student population. At our next meeting we will discuss the timeline and bring it back to the teachers to see if this is doable. We are looking long term for this event. Changes will be made going forward to streamline this event in the future.

*Discussion about schedule. Rotation of K-2, 3-4 and 5-6. Cafeteria, Gym and Auditorium.

- Three sessions: 20mins. – 20mins. – 20mins. Three times over.

*October 21, 2015 5pm to 7pm. "Wellness Night"

*Memo to save the date will be sent home on 9-08-2015.

*RSVP for the event will be sent home to the families on 10-05-2015.

*We will need the response returned by 10-14-2015.

*We will discuss at our next meeting, celebrations in our classrooms.

Respectfully submitted by:

Marie Salata