

Wellness Committee Meeting Agenda

Oct Minutes

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|-----------------|--|---|---|
| Date & Time | December 21, 2022 3:45 pm | | |
| Location | HS B-2 or virtually: https://meet.google.com/ycs-prkb-hjw | | |
| Committee Panel | Jamian Rockhill, Committee Co-Chair Megan Johnson, Committee Co-Chair Drew Giaquinto, Wellness & Nutrition Advisory Liaison | | |
| Attendees | <input checked="" type="checkbox"/> Scott Stowell <input type="checkbox"/> Patricia Howard <input checked="" type="checkbox"/> Jamian Rockhill | <input type="checkbox"/> James Bigley <input checked="" type="checkbox"/> Andrew Giaquinto <input checked="" type="checkbox"/> Margaret Healy | <input checked="" type="checkbox"/> Jacob Hardy <input checked="" type="checkbox"/> Michelle Arreola <input checked="" type="checkbox"/> Michael Bennice <input checked="" type="checkbox"/> Megan Johnson |
| Next Meeting | January 25, 2023 @ 3:45 pm in HS B-2 | | |



Wellness Committee Mission

To provide our students, staff, and community with the support and resources to lead balanced and healthy lifestyles.

Agenda

| Name | Topic | Resources |
|---------------------------------------|--|--|
| All - Present by Policy Review Groups | Wellness Policy Comparison Document | <input checked="" type="checkbox"/> Wellness Policy Compa... |
| Jamian, Megan, Drew | Create three Wellness Committee Goals for the 2022-2025 school years | |

Wellness Committee Goals for 2022-2025 SYs
(relate each strand to students, staff, and community)

| Nutrition | Social-Emotional | Physical |
|--|--|---|
| <input type="checkbox"/> MS/HS: Increase student participation in the breakfast program by ___% from the 2022-23 SY. | Need to identify measurable goals: <ul style="list-style-type: none"> <input type="checkbox"/> Wellness Day (Staff) in 2023-24 <input type="checkbox"/> Wellness Fair (Students) <ul style="list-style-type: none"> <input type="checkbox"/> Opportunity to promote clubs/sports | <input type="checkbox"/> Increase student participation in after school sports and club activities by ___% from the 2022-23 SY. |

Policy Review
 Wellness Policy Comparison Document Nov 2022

| Name | Policy Item | Deadline |
|---|---|---------------------------|
| Scott Patricia Jim | Review and compare policy themes: Nutrition Education | Next meeting, November 30 |
| Jamian Mike | Review and compare policy themes: Physical Activity | Next meeting, November 30 |
| Scott Patricia Jim | Review and compare policy themes: Standards for USDA Child Nutrition Programs and School Meals | Next meeting, November 30 |
| Maggie Vending machines Fundraising Game Night | Review and compare policy themes: Nutrition Standards for Competitive and Other Foods and Beverages | Next meeting, November 30 |
| Michelle CAPTAIN Community Service | Review and compare policy themes: Wellness Promotion & Marketing | Next meeting, November 30 |

Notes:

- Community education

- MJ shared a recent study from U of NE on the effects of digital food marketing to children during the pandemic

Summary: Expanded use of electronic devices and remote learning during the COVID-19 pandemic likely contributed to increased rates of childhood obesity, greatly impacted student learning, and exacerbated pre-existing racial, ethnic, and socioeconomic disparities. As schools continue using educational technology, policy interventions to limit digital food marketing in schools and on school-issued devices are needed.

Possible recommendation: Limit use of electronic devices during lunch (could be expanded as a community PSA to include all meals at home as well)

<https://academicminute.org/2022/12/michele-polacsek-university-of-new-england-the-impact-of-digital-marketing-on-childrens-unhealthy-eating-habits/>

- Group presented and reviewed the current Scotia Wellness Policy compared to the measures set forth by the [NYSED Wellness Policy Assessment Tool](#). As a team, we identified areas we are currently meeting the NYSED standards, where we are missing policy attributes, and what we need to revise. Research had been conducted by the team independently in November and added to the [Scotia policy comparison document](#), including information on what other NYS school districts are doing to meet their wellness policy standards and beyond.
- As a group, we discussed setting goals for the 2022-2025 SY. Draft goals have been created and will be revisited to set measurable markers during the January meeting.

Of note:

- During our October 2022 meeting, Officer Arreloa had offered her interest to run an afterschool "bootcamp" to help students remain active. Megan and Drew have corresponded with the Glenville YMCA and they are very interested in adopting the Bootcamp Course to be run by Michelle Arreloa (contracted through the Y). Projected:
 - 1x/week
 - rotate through all Scotia buildings
 - potentially cross-contract with Schenectady and Mohonasen as well