

Rush-Henrietta Central School District

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| Team Name: | District Wellness Committee |
| Date of Meeting: | February 7, 2023 |
| Facilitator/Recorder: | Sharon Harris |
| Members Present: | Barb Christensen, Joe Jackson, Diane McBride, Ken Nelson, Allison Stephens, Lindsay Titus, Nerlande Anselme |
| TOPIC | Agenda Item Notes |
| Introduction | |
| Health Services - Sharon Harris | <ul style="list-style-type: none"> ● NYS Wellness Policy Assessment Tool that is due every 3 years - completed this month. ● NYSDOH Immunization survey and BMI survey have been completed for the district ● The District received 5472 Boxes (19 cases) of Flow Flex at-home Covid tests. These tests have an extended shelf life until October 2023. Each building was delivered one case of tests. ● K-6 buildings have new Violence/Sexual prevention lessons to begin in March through Monique Burr Foundation, supported by Bivona clinic relating to Erin's Law. ● Some Leary staff just wrapped up a district program, Mismatched: Your Brain Under Stress. Per the facilitator: "People said they liked it and tried meditation on their way to work, breathing strategies and yoga. Some even tried it with their classes when they felt overwhelmed" ● Many of the Vollmer staff supported Women's Heart Health day and wore red. Building administrators have been promoting fun, engaging activities to keep spirits up (scavenger hunt, games, prizes for staff). ● Crane is focusing on promoting SEL with breathing exercises and RCTV each Friday focusing on the month's SEL/PBIS theme. Brian Hill is doing a book study with teachers this year. This year's book is 'Teaching in the Age of Stress.' ● Winslow staff also just finished the 'Teach in the Age of Stress' workshop and as a result of that they are implementing informal mindfulness/stress relieving practices meetings before and/or after school. ● Burger "Spreading Kindness," Roth "Spreading Joy" |
| Food services - Geraldo Torres | <ul style="list-style-type: none"> ● Mealviewer- Menu platform that is now in both English and Spanish, adding pictures. ● Introducing new menu items to combat menu fatigue. Have to offer/try new meals at least three times before it might stick. ● Sesame added to Allergen list ● New nutritional standards for schools coming - lower sugar and sodium |
| Facilities - Ken Nelson | <ul style="list-style-type: none"> ● Last summer, met with principals. 140 ideas for improvements/security. ● May budget vote - if approved it will cover adding fob access to all external doors, including for sheriffs ● Installing silent panic buttons to all remaining buildings, go directly to 911 |

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| Physical Education/Athletics Update - Thomas Stewart | <ul style="list-style-type: none"> • No update, not in attendance |
| Mental Health/Wellness - Joe Jackson | <ul style="list-style-type: none"> • Welcome! |
| Community Coalition Barb Christensen | <ul style="list-style-type: none"> • Working toward 501c3, putting grant work on hold until 501c3 is complete • DEA take-back day in spring at Wegmans Calkins Rd. |
| Round Table | <ul style="list-style-type: none"> • Discussed changes that have taken place at the high school to increase safety. • 28 students inducted into Hall of Fame |
| NEXT MEETING | <ul style="list-style-type: none"> • Combined meeting with School Counseling Advisory Council on April 11, 2023 |