

PATCHOGUE-MEDFORD UNION FREE SCHOOL DISTRICT

**Wellness Committee
241 South Ocean Avenue
Patchogue, New York 11772**

February 13, 2019

MEMBERS OF THE COMMITTEE PRESENT: Sara Turnasella, Nicole Ciminiello, Daniel Erwin, Gerry Lake, Diane O'Connell, Ryan Cox, Jessica Lukas, Alicia Salazar, Bernadette Smith, Karen Ball, Frank Mazzie

MEMBERS OF THE COMMITTEE ABSENT: Dr. Donna Jones, Rebecca Caron, Michelle Guardino, Nancy Poulis

MEMBERS OF THE PUBLIC ABSENT: Doreen Lamm

1. CALL TO ORDER

Nicole Ciminiello called the meeting to order at 3:10 p.m. in the conference room at South Ocean Middle School.

2. Welcome/Introductions:

Nicole welcomed everyone and asked that they introduce themselves since she had missed the last meeting. Nicole then turned the meeting over to Jessica Lukas so she could introduce the guest speaker, Dr. Jessica Schleider.

3. Stony Brook Mental Health Intervention-Dr. Jessica Schleider

- a) Jessica Lukas introduced Dr. Jessica Schleider from Stony Brook University. Dr. Schleider would like to provide a free study for students aged 11-16 on mental health.
- b) In order to participate, students would need to have a consent form signed by their parents. The study is anonymous but if there is anything that is alarming in which the student shows signs of wanting to harm themselves, school district administrators and parents would be notified.
- c) In order for the study to be successful there is a 150 student minimum.
- d) The student is assigned a random number which tracks them through the study. SBU will present the results to the District at the end of the year/testing period.
- e) Ms. Lukas said she and Dr. Hynes would follow up with her in the near future.

4. Formalize Goals for the 2018-2019 School Year.

- a) Ryan discussed the goals with the committee and everyone agreed that what was discussed at the first few meetings should be the goals.
- b) Continuation of 2017-2018 Goals
 1. Continue to include the PTA's on the email list for newsletters, and nutrition nuggets.

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2. Continue to educate elementary students about health and fitness in the following ways:
 - i. Cornell Cooperative to work with Kindergarten classes at two elementary schools to promote nutrition (Medford and Tremont).
 - ii. Taste clubs at two elementary schools (Bay and River).
3. Mr. Erwin will continue to analyze menus and work with students to acquire feedback on current and future menu items.

c) Develop a Wellness Awareness Week.

d) Develop ideas for the use of the Greenhouse at the High School.

5. Taste Club

- a) Bay and River are confirmed to be the two schools to have the Taste Club this year. The advisors were board approved at the January BOE meeting. Nicole informed Sara that the club can commence in March.

6. Wellness Week

- a) The committee discussed the various initiatives for wellness week.
- b) Mammograms are confirmed for May 18, 2019 which are being provided by Stony Brook University free of charge
- c) Frank Mazzie discussed vision screenings for elementary aged children. This would be done May 13-21, 2019. Frank stated after attending a nurses meeting that the originally targeted grade levels for screening will be adjusted since certain grades already have vision screenings. The goal would be to capture the grades that are not being done by our nurses, namely pre-K, grade 2, and grade 4.
- d) The committee discussed doing a culminating event on Saturday May 18th. It would be a Wellness Fair. Some ideas that were discussed were as follows:
 1. Bike Safety
 2. Summer Swim Safety
 3. Yoga
 4. Fun run with parents and children
 5. Local vendors setting up booths
 6. Farmer's market

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7. **Follow Up-Parents as Fitness Partners-**
 - a) Ryan discussed he would do this during the wellness week May 13-17th.
8. **Follow Up- Wellness Posters to be Printed by Cornell-** Dan Erwin stated that the posters will be distributed within the next two weeks and will be hung in the gymnasiums and cafeterias.
9. **Follow Up- Discuss Greenhouse**

Nicole explained that the plans for the Greenhouse were up at the state being reviewed. Once approved, the goal is to go to bid and have an award at the April Board of Education meeting. The goal is to have the greenhouse built over the summer so that students can start to utilize it for the 2019-2020 school year. A few committee members inquired if the Greenhouse will be organic?
10. **Update Mobile Dental Van-** Nicole asked Mr. Mazzie to provide an update to the committee. Frank explained the initiative. The district through the Family Service League was able to partner with Stony Brook University to provide fluoride dental cleanings for students Grade 1-3 for free as well as a presentation of dental hygiene. In order for the program to run, the University is requiring that there are at least 10 participants at each location. As of Friday February 15th, Eagle Elementary was the only school that had enough participants. Mr. Mazzie was going to reach out to the Principals to see if they could send a Connect-Ed message out to parents to garner more participants. The committee asked if it was possible to open it up to the older grades as well to try to get more students to participate.
11. **Other:**

Mr. Erwin stated that there will be an article in Hunger Solutions New York about the Breakfast in the Classroom program and how successful it has been for our district.

The meeting adjourned at approximately 4:10 p.m.

Next meeting will be sent out under separate cover.