



Minutes of the Peak to Peak Wellness Advisory Council meeting

Tuesday, February 7 2017 @ 3:30 p.m. | Think Tank Conference Room

In attendance: Kelly Reeser, Sam Todd, Cheryl Sack, Monika Bunting, Vicki Lundquist, Erin Manzanares, Jeri Chandler, Christie French, Renee Cook and Hillary Miller

New committee structure reviewed by Kelly: Food Services Support Group is a subcommittee of Wellness Advisory Council. Meetings will be led by Cheryl Sack and Elizabeth Begley. Food Services Support Group has not met yet in 2017. Cheryl will post meeting dates and times in Weekly Digest.

Kelly informed WAC of new Food Services Comparison Group that has formed to examine the similarities between BVSD Food Services Program and Peak to Peak Food Services. This is a separate group from WAC.

Alternative Seating: Kelly instructed teachers interested in using alternative seating in classrooms to take plans to Level Principals. Principals will take it to ELT for discussion. Concerns are storage, state testing requirements and cost.

Middle School Wellness initiatives for 2017 shared by Monika Bunting:

Homeroom time is now outdoors for middle schoolers 3 times a week

Mindful minutes are being used regularly by staff and within some classrooms

Courage Retreat for 7<sup>th</sup> graders happening in February

Ambassadors of Compassion piloted. Middle School will revisit if program was useful for students.

Middle School Parent night with counselors was a success.

ROAR celebrations have moved to the afternoons. More families are attending leading to an increased celebratory comraderie and sense of community.

Run for the Peak: Middle school would like a k – 8 experience. Brainstormed ideas including obstacle course, derby car races, Lafayette Community wide 5 k qualifier for the Boulder Bolder, or kinectics style parade.

Staff competition suggested by Sam: a step competition using phone data. Christie French has an app that allows members to compete against each other across all phone platforms. Will contact Rachel Hirt.

Air Quality: Christie French updated group on BVSD Air Quality District Team. She will serve a 3 year membership on the district team. Christie contacted the lead of the group for information on carpeting in the classroom. Waiting to hear back from him. Number one thing to improve air quality is to reduce clutter in the classrooms. They are dust collectors. If plants are in the classroom, teachers must remember to dust the leaves and check the soil for mold. Christie French will create newsletter and send to staff after each meeting.

Refillable markers are used exclusively in elementary art by Katy Mathes. Elementary school purchased refillable markers using a fee on school supply list. Student Aides refill the markers for teachers. Elementary teachers are using refillable markers for first grade teachers on the large white boards only at this time. MS and HS teachers should contact Katy Mathes or Christie French for more details. Still time to change MS and HS supply lists to incorporate refillable white board markers.

Light covers are used in many (not all) elementary school to cut down on the fluorescent light glare. Sam indicated that over time those fixtures would be replaced with LED lights similar to the new buildout areas on campus.

Kelly Reeser and Hillary Miller participated in grant writing for Safe Routes to School for the City of Lafayette. Have not heard outcome.

Elementary School Initiatives updated by Christie French and Erin Manzanara.

Cardio Club: Mondays and Thursdays 3:35-4:05 in S-199 (open to all staff members)

Wednesday workouts: Weight Room Workout for all levels Wednesdays 1:35-2:05

Badminton club at lunch open to all staff members

Walking Club: Every day rain or shine on the track during high school lunch with Karen Lenser

The BOKS (Building our Kids Success) program will be on Tuesdays and Thursdays before school at the elementary level. <https://www.bokskids.org/>

Plans for a South Building Bulletin Board with photos of students and staff in favorite active hobbies.

Morning Energizer will be added to k-5 announcements: all school 1 minute exercise in classroom led by Ms. Christensen.

Pilot program: Don't walk in the hall way. Using decals on the floor students will silently move between classrooms by moving from different shapes on the floor and performing different tasks with each shape. (ex: Green square equals 2 jumping jacks, purple heart equals 4 toe touches)

<https://www.youtube.com/watch?v=vF3SmdaHM-g>

BB racers club starts in the spring. Training club in elementary for Boulder Bolder

Piloting 100 mile club SY 2017/18: Running happens only during the school year, before/after school and recess. Students cumulatively try to reach the 100 mile goal.

Update on the K-12 Learning Garden from Annie Sasseville:

- Construction is almost completed and we will start hauling in dirt, weed fabric and crusher fines at the end of this month.
- The Garden to Table academic curriculum (provided to us by the Growe Foundation) will start in mid-March when our 1st graders go out to plant the first lettuce seeds! All of the other grades will have their first spring lessons between mid-March and mid-May.

- All K-5 kids will get one lesson in the spring and one lesson in the fall but of course, any teachers can sign up to do their own individual lessons in the garden at any time.
- Over the next few weeks, I'll be showing all elementary teachers how to access the garden schedule and lessons plans online. After I complete the training with ES teachers, I'd like to show the MS and HS teachers how to use the master schedule program so all K-12 kids and staff feel really welcome back there. The opportunities are endless!
- We will be celebrating the spring garden harvest by hosting our first "Rainbow Days" on May 10th in the cafeteria, a day in which the 2nd graders (and volunteers) will have harvested, cleaned and prepped ALL the garden lettuce for kids to eat in the cafeteria. We have heard from Growe that this is a real garden highlight of the year!
- We will be asking families and staff for lots of help over the summer to volunteer and maintain the garden. There is a master schedule for this volunteer program, and I will forward that sign-up information to the WAC when it becomes available.

Fuel up to Play 60 updates from Raquel Hink:

- The **Fuel Up To Play 60 program** is a fantastic wellness based program that allows us to improve our wellness efforts at P2P. We were approved for this program last spring and are eligible for \$4,000 annually in grants through this program! We have assembled an elementary school team that is made up of ~15 students and a MS team too. We had the program kickoff with 2 separate FUTP assemblies that were a hit with the kids. They were fun and emphasized the importance of good nutrition and 60 minutes of physical activity for everyone daily. We will continue to meet as often as possible. The MS team is currently gearing up for a P2P wellness investigation. At our last meeting we all explored what Wellness means to us. I am attaching the ideas that our MS team came up with - such a great team with fantastic ideas! The ES team will most likely meet this month and we will start off with small objectives like teaching them about wellness, playing some wellness games and having fun.
- The **Movement committee** has not met this year and was loosely formed last year. Christie French and I will present ideas for classroom based movement at the next staff meeting, and we will schedule a formal meeting with the entire committee afterward. She has led the way in getting grants for classroom based movement equipment and we have both done quite a bit of research regarding the benefits. We were able to tour an Erie Elementary School (Red Hawk) last spring to learn more about what Cyrus Weinberger is doing -- he is a national leader in school based movement, as he fought the "sit still and focus" model that he grew up with. Here is one of his TED talks that is super inspiring. It is one of our commitments to the Fuel Up To Play grant that led us to start the movement committee, as we agreed to improve this effort at our school.

Website/Communication Updates:

Meetings posted on website with agendas and minutes.  
 Report to Board annually: First report on March 1<sup>st</sup> meeting.  
 Will use established platforms to push information out to families  
 Continue Wednesday Wellness Tips for staff

Next meeting: March 7<sup>th</sup> at 3:30 pm in the Think Tank Conference Room