

Sussex County Charter School for Technology

Wellness Committee Jan. 11, 2018

Committee Members

<i>Noreen Lazariuk</i>	<i>present</i>
<i>Carla Brandt</i>	<i>present</i>
<i>Suzanne Kopy</i>	<i>present</i>
<i>Kim Sokolewicz</i>	<i>present</i>
<i>Michelle Syre</i>	<i>present</i>
<i>Erica Syre</i>	<i>present</i>
<i>Esme Clark</i>	<i>present</i>
<i>Jessica Martin</i>	<i>present</i>

1. Schedule:

- a. January 11th @8:15am
- b. March 9th @8:15am

2. Review Goals- Wellness Week: Jan. 29-Feb. 2, 2018

- a. Yoga Instruction
 - i. Jessica Martin will contact Ania Rosser to check availability for student instruction 4/16-4/20 in preparation of PARCC.
 - ii. Ania Rosser treated teachers and staff to a Free yoga class 11/15/17 and has offered to instruct future classes.
- b. Brain breaks
 - i. Continuing process in classrooms. Noreen will discuss with teachers during next PLC.
- c. Healthy recipes (<http://teenshealth.org/en/teens/recipes/>)
 - i. Designated Bulletin board has been established in cafeteria

- ii. Carla suggested running a “Healthy Recipe Contest”. Recipes can then be posted to the bulletin board and SCCST Facebook page.
- iii. Carla will supply a banner and other signs in an effort to promote Wellness Week. Esme suggested that next year students are given the task to create flyers in art class or as part of a club such as Climate Committee.
- iv. Climate Committee is hosting a movie matinee in February. Ms. Kopy will discuss having a popcorn station with healthy topping as another way to stay focused on wellness. Sodexo can provide the popcorn machine for the event.

d. Morning announcement tips

- i. Esme and Erica will announce daily healthy tips for Wellness Week.

3. Farm to table initiative

a. Greenhouse

- i. Mrs. DiCaprio’s students continue to grow and test different vegetables throughout the school year in an effort to establish a harvest for the 2018-2019 school year.

b. Farm to School

- i. Will discuss initiating for next school year at next meeting, March 9th. Carla has experience from her work at Vernon Twp. High School and introducing Farm to School. Also has an established relationship with a local farm who might be willing to donate fruits and vegetables.

c. Fundraisers

- i. Arbor Day Fundraiser suggested by Carla. Organize the selling of a saplings from a local farm and have a tree planting ceremony at the school.

4. Adjournment- 8:54am