

WELLNESS COMMITTEE MEETING  
HEUVELTON CENTRAL SCHOOL  
November 20, 2013

The Wellness Committee meeting was held on November 20, 2013 at 7am.

Members present: Alexis Michael, Cindy Belleau, Suzanne Raffel, Nancy Rische, Ronica Lawrence

Members absent: Steve Adams, Denise Curry, Marianne Weldon, Karen Carmany, Katherine Lord

- A motion was made to approve the minutes from the September 25<sup>th</sup> meeting. The motion was seconded by Nancy Rische.
- Cindy Belleau stated that she had accepted a new position so she will be leaving and Randy Johnson will take her place.
- It was discussed that someone needs to speak with Steve Adams and confirm dates as he needs to be at the meetings.
- The March 26<sup>th</sup> meeting has been changed to March 19<sup>th</sup> at 3PM.
- Wellness Policy Review - Put a copy in Steve Adams' mailbox with the next meeting date. Ask him to make revision or deletions and the committee will discuss them at the next meeting on January 29, 2014. Salad bar and milk were discussed.
- Update: Dwight is willing to offer yoga classes after school. Suzanne will email Dwight, Susan, Randy and Denise to get yoga class started.
- Backpack – Nancy Rische spoke with Joan Fischer regarding the backpack program. Joan will speak with the PTA and invite them to the January 29<sup>th</sup> meeting. The Ogdensburg Elks would love to help with fundraising (dinners, raffles, etc.). Nancy will contact the Watertown Elks chair and see if they have an outline we could see. Other schools that do the backpack program: Canton, Massena, Colton, Potsdam.

The next Wellness Committee meeting is scheduled for January 29<sup>th</sup> at 3PM.