

New Hartford District Wellness Committee

March 9, 2016

3:30-4:30

Antolini School – Conference Room

MEETING MINUTES

Members Present:

Penny Miller, Brian Murphy, Marie Kitch, Stacie Cull, Cindy Duval, Krista Noyce, Roxanne Pangallo, Deb Marciano, Patricia Brett, Amanda Shaw, Joanne Kirchner-Macri, Alexandra Uscilla, Paula Gladu-Morabito

Members Absent:

Holli LaBarbera, Jen Harris

Minutes:

- **DARE Curriculum**

- Superintendent Brian Murphy shared the DARE curriculum lesson overview with the committee members. Principal Amanda Shaw shared and discussed the core focus of the DARE program. There was confirmation from both the superintendent and principal that the DARE program can be expanded to younger grades (New Hartford currently offers the DARE program to 6th grade only).
- School Psychologist Alexandra Uscilla discussed the Second Step Program currently being utilized throughout the district in grades K-4. This program consists of 25 lessons administered throughout the school year, which are approximately 25 to 30 minutes in length. A few of the items they cover are:
 - Kindergarten – Learning new skills, following school rules, adjusting to a full day of learning, staying focused
 - 1st – 3rd – Decision making, problem solving, showing empathy
 - 4th – Giving compliments, taking responsibility, managing strong feelings and an introduction to drug/alcohol awareness
- The DWC discussed expanding the current curriculum for the fall of the 2016-2017 school year. The district administrators will review current resources and discuss who could teach an expanded curriculum.
- Board member Stacie Cull shared brochures on anxiety disorders and social phobias. Links to those documents are:
 - <http://www.gponline.com/social-phobia-children-young-people/mental-health/article/1386296>
 - <http://www.adaa.org/sites/default/files/Anxiety%20Disorders%20in%20Children.pdf>

- <https://www.kidsmatter.edu.au/families/mental-health-difficulties/anxiety/anxiety-how-anxiety-problems-affect-children>

- **Health Curriculum**

- P.E. and Health teacher Deb Marciano distributed copies of our current health curriculum. Currently, health is taught as a specific subject in grades 3 & 4. Principal Roxanne Pangallo shared that health topics are also taught throughout other subjects in the other grades.
- The DWC had a discussion about the topics that kids are bringing up at home.
- Director Paula Gladu-Morabito shared some online resources for drug and alcohol awareness as well as mental health curriculum for schools. Following are the links to those websites:
 - <http://www.thirteen.org/closetohome/pdf/CTHelementary.pdf>
 - <http://www.ncpc.org/topics/by-audience/law-enforcement/teaching-children/activities-and-lesson-plans>
 - http://www.cdc.gov/healthyyouth/hecat/pdf/hecat_module_meh.pdf
- There are currently no health classes taught in 5th & 6th grades. Board member Penny Miller asked if having a part-time health teacher to cover the additional grades would be helpful. The district staff all agreed that would be helpful.
- The DWC members will review the current health curriculum and will discuss further at our next meeting.

- **Cafeteria Options**

- Food services assistant manager Joanne Kirchner-Macri discussed some other healthy options ideas that could be offered in the cafeteria. Amanda discussed how some items already added have been popular but parents were concerned if they all followed the district wellness policy. The DWC suggested ways to communicate new menu options/ideas to parents. Joanne will check with Holli LaBarbera from Education Connection regarding the best way to communicate to parents what is being offered. Roxanne suggested adding to the school website or including in the Friday Folder communications that are emailed every Friday. The DWC will discuss this issue at the next meeting.

- **State Mandates**

- Paula shared the results of her research in regard to the State Department of Education mandate on Sexual Awareness Curriculum. At this time, there is no time frame from the SDE as to when the new curriculum will be developed.