

Massena Central School District Wellness Committee Update November 2018



Wellness Policy



- Updated and Board of Education approved in 2017
- Meets state and federal regulations, and reflects local needs and interests
- Contents include goals for nutrition promotion and education; physical activity and education; nutrition guidelines for foods sold and marketed in school, and; opportunities for school community member involvement
- The entire policy can be viewed on the district website: Policy #5661 Wellness at https://www.mcs.k12.ny.us/apps/pages/index.jsp?uREC_ID=776811&type=d&pREC_ID=1176046

Resources & Supplies



- Outdoor fitness equipment along the John Story Trail for use by students, staff and community members
- Active academic supplies such as alphabet beanbags and Math & Movement mats
- Giant games like Jenga, chess and dominoes
- P.E. supplies such as badminton and volleyball equipment
- Materials to support healthier snacks, including a commercial blender for the new business class café
- Hydration station for drinking and water bottle filling

Activities



- Collaboration with the Community Schools office to promote family-focused physical activities
- Collaboration with the Physical Education department to support learning lifetime physical activities, from geocaching and archery to kayaking and backyard games
- Healthier snack list development and distribution
- Regular wellness committee meetings
- Professional development for faculty and staff, such as Wellness Workshops and Math & Movement trainings
- Staff health and wellness expo... coming soon!

To learn more or get involved:

https://www.mcs.k12.ny.us/apps/pages/index.jsp?uREC_ID=776811&type=d&pREC_ID=1176046
or contact Wellness Committee Co-Chairs Matt McKinley or Kristin Colarusso-Martin at 315-764-3710

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