

Healthy & Fit 4 Life  
Steering Committee Meeting

May 30, 2013

Minutes

Attendance: Mark Sconziano, Phyllis Worhunsy, Jerry Curtiss, Chrystal Collins, Deborah Kasper, Mark Fowler, Damian Coggshall, Gary Travers, Jodiann Tenney, Carol Giannini, Lisa Daly, Stephanie Konopaske, Linda Farrington, Abby Peklo

1. Opening:

- a. Abby reviewed purpose of meeting
- b. Abby asked that the contact hand-out be reviewed for accuracy. Abby will send out an updated one to all committee members.
- c. Reviewed thoughts and feelings from Visionary Meeting held earlier this month.
- d. PE department recommended that Jean Mee be considered for 2013 Convocation event.
- e. Discussed Jean Mee's strategic planning recommendations to work with PE teachers 2-3 times during Year Two.

2. Roles and Communication:

- a. Abby reviewed her role.
- b. Jodiann suggested we define how relationships within the district should work. Jodiann explained her desire to work on curricular connections rather than as project intermediary.
- c. We each filled out a card with highlights of what we think our roles are in relation to the project.
- d. It was suggested that a website be created that provides monthly updates as to what is occurring with the grant.
- e. Some individuals expressed that they still don't feel like their voices are being heard. Linda pointed out that "top down" project leadership had improved during the year. Brian Falcone suggested that Lisa, as the project coordinator, should set project parameters. Brian and other stated that teachers have the opportunity to speak up and that they need to do so more effectively and comfortably. Jodiann added that teachers and others need to be "invested and involved" in order for the project to succeed. It was suggested that PE teachers should meet

once a month for one hour. The group decided that those dates will be determined before the end of this school year.

- f. Stephanie suggested that we might share a monthly email update. Discussion pursued. Group decided to ask Stephanie to be the point person for updating the district website to reflect ongoing project updates.
3. Cross-content Professional Development:
    - a. Abby recommended we try to achieve this goal.
  4. Fitness Equipment Updates:
    - a. Middle School: teachers did a site visit in Berlin to explore their outdoor bike program. They hope to offer a bike club in Year Two. They are also investigating the possibility of partnering with a local bike shop. Carol Giannini suggested that some grant funding might be available through CT Traumatic Brain Injury. There was some discussion about introducing outdoor bikes for the elementary schools. Individuals expressed concern about appropriate bike paths. Gary expressed interest in encouraging the faculty to get involved and be cheerleaders and role models for the students. He would also like to see before and after school fitness center hours. Stephanie will look into having permanent banners made for the new fitness centers.
    - b. High School: Linda and Mark S. talked about their new fitness center. They requested additional funding for 4 TVs in the gym (Linda) and additional PEAK fitness equipment (Mark). Brian discussed his vision for the new fitness center to include a manager during school hours as well as a manager for before and after school hours. Brian would like to encourage staff and students to use the new fitness center as much as possible. Abby agreed to work with Brian on funding possibilities for a fitness center manager's before and after school time.
    - c. Elementary Schools: Lisa discussed the new K-desks and fitness classrooms. This is innovative and Lisa hopes to capture some national publicity about this initiative, including having Michelle Obama visit the district. She is also looking into additional funding to expand this initiative, as fitness equipment for the elementary schools was not part of the original grant proposal.
  5. Future Steering Committee dates were determined:
    - a. September 26, 2013, December 5, 2013, February 27, 2014 and May 29, 2014. Meetings will be held at Central Office from 1-2p.m. and lunch will be included.
  6. Lisa will be working throughout the summer. She will share her summer schedule with the Steering Committee.

Submitted by

Lisa Daly, Project Coordinator

05/30/13