

Setauket School
Site Based Management Team Minutes
October 15, 2008

Dr. Anne Rullan
Mrs. Debbie Kiriluk
Ms. Lauren Tortorici

Mrs. Michele Kerr
Mrs. Alyson McGrath
Ms. Jen Lang

In the beginning of the meeting, Jen Lang (a parent member) was introduced to our group. She informed us that she would be an active participant in the Setauket Sunrise Fitness Workout.

The Recycling Program was discussed. It was mentioned that there was already a ½ ton of recycling done this year at our school. Dr. Rullan mentioned that we are still waiting for information in regards to recycling plastic bottles and cardboard. Apparently, there should be funds from our budget to support that.

The motto, “Clean Setauket, Green Setauket” needs to be promoted more throughout our school. We mentioned having banners made to hang up around school, in addition to creating T-shirts and recyclable lunch bags with the Setauket logo. Alyson volunteered to look into having these made.

We also talked about having students name our hallways based on the character traits they learn about through Character Education. Having students involved in something like this will hopefully promote making good choices. Some of the examples that were discussed included “Caring Court and Caring Cul de Sac.” We need to come to a decision on whether or not it should be a grade level or class vote. Students could vote on this electronically in the computer lab. Dr. Rullan also mentioned something called “Survey Monkey” that may help us out with this.

Setauket Sunrise Fitness Workout was heavily discussed during today’s meeting. Our goal this year is to get rid of the chaos that it caused last year. It is something that should not be overwhelming but rather fun, easy and exciting for all involved. It needs to be structured and organized. Dr. Rullan spoke to the Physical Education Teachers about the organization of this morning workout. It was concluded that it would be held two days per week, most likely on Wednesday and Thursday. The students would either be walking/exercising outside if the weather permits or they would be participating in indoor activities in the big gym. The Phys. Ed. Teachers would leave certain things out for us to use the following morning and parent volunteers would be responsible for the setting up and running of these activities. For example, if it was indoors, the students could participate in a jazzercise class or an obstacle course. Our goal this year is to make it a “real” program and stress the importance of following certain rules and regulations while involved. Ms. Lang offered to draft some rules for this program. Dr. Rullan offered to make punch cards for the kids as a type of “sign-in.” For motivational purposes, students can earn either certificates or medals based on their attendance in this program. Dr.

Rullan mentioned incorporating a “Healthy Tip of the Week” into the “Thought of the Week” announcement in the morning.

The Fitness Calendar was also something that was brought up during our meeting. It would be done during the New Year, having a “New Year’s Resolution” built into it. In an effort to reduce the use of paper, this calendar will be placed on the parent portal on our school website.

It was also mentioned that there was no need to separate the primary and intermediate grade levels during this program. Any student in any grade is welcome to participate on either of the days it is being offered.

During both this meeting and the last meeting, a Health Fair or Healthy Evening Event was brought up. Mrs. McGrath thought it would be a great idea to get a “Celebrity Chef” to join in on this event. There could be health stations set up and we could try to get nutritionists involved in this event.

Lastly, other things that were mentioned about the Setauket Sunrise Fitness Workout during this meeting include a Fitness Trail- Mrs. Kerr described how it was run at her old school. It would also be a great idea to get each student a pedometer and maybe having a fundraiser to help raise money for this. We also need to have a visual aid for this program- a map of the US was done in the past. Kids enjoy “seeing” their progress. Our goal is to get this program started November 1st. Foot charms were distributed to children involved in the Morning Healthy Walk in the past. We discussed handing these out again to the children involved in the program this year. Mrs. Lang also mentioned that she would make a once a month “Health/Fitness News” page that could be attached to the Setauket Signals.

An assembly discussing the Setauket Sunrise Fitness Workout, including the Character Traits Hallway voting will take place before the start of the program. The assembly will most likely take place the week of “Character Counts Week.” A “School Wide Healthy Walk” was also discussed as an option to model how it is done and show kids what it should look like.

At the conclusion of the meeting, Field Day/Play Day was also briefly discussed. Dr. Rullan mentioned that Field Day is not exactly an effective use of movement and time, therefore, it was mentioned that it could possibly be combined into one day for both the primary and intermediate grade levels. Kindergarten through second grade could have their activities during the first half of the school day. There could be a picnic lunch for all grade levels. Third grade through sixth grade could have their activities during the second half of the school day. The Physical Education Teachers could be the Field Marshals for that day and parents could also volunteer their time to work at certain activity stations. The goal of this is to make it a common play day and it will ultimately cut the large cost of Field Day.

Submitted by: Lauren Tortorici