Board of Education Monthly Report
March 10, 2020
Robyn Roberts-Grant
Director of Health, Physical Education, and Athletics

1. Attendance Initiative - DSP 1.3.5 - Create a team to review and improve our current practices related to student attendance and achievement. Identify who needs to be engaged and target from there.

NRW Attendance Percentages	03/01/20	03/01/19
NRW HS	92.08%	91.70%
NRW MS	95.05%	94.82%
NRW ES	95.03%	94.39%

2. Professional Development Day – March 13, 2020

This is a list of the 25 different class choices staff will have on the afternoon of March 13, 2020 for our 2nd Annual Staff Wellness Day! There will be a chili cook-off during lunch and an obstacle course team challenge to culminate the day.

Employee wellness looks at the individual and encourages them to make healthy lifestyle choices, with the purpose of benefiting them and the culture in which they work. Studies show that **employees** are more likely to be on the job and performing well when they are in optimal health. Benefits of implementing a **wellness** program include: Improved disease management and prevention, improved employee attendance rates and a healthier workforce in general, both of which contribute to lower health care costs.

Workshop: Your Financial Wellness Matters!
Strength Training with Elastic Resistance Bands
Dog Training Tips
Intro to Meditation
Stress Relief Yoga
Ninja Warrior Obstacle Course
Kettlebell Strength
Boot camp Fitness Class
Workshop: Better Sleep
Workshop: Work-Life Balance
Workshop: Decoding Stress
Workshop: Food & Mood
Workshop: Why Weigh? 7 Strategies for Weight Management
Workshop: Healthy Eating on the Run
Workshop: Wellness 101
Workshop: Be Stressed Less
Workshop: Chopped Culinary Class
Painting Kindness Rocks
Fusion Martial Arts
Chiropractic & Beyond: What Chiropractors offer besides an adjustment
Mindfulness in the Classroom
Wreath Making
Irish Step Dancing
15 Minute Chair Massages

3. Positive News from the Athletic Department

NRWCSD had four individual sectional winners during the 2019-2020 winter season. That is now a total of five sectionals winners so far this school year. Below are some of the highlights of the winter season that were also published on the high school Facebook page.

North Rose-Wolcott High School
Published by Robyn Renay Roberts-Grant · February 22 at 7:13 PM ·

NRW has two more sectional winners. INCREDIBLE! That is now 5 total sectional wins so far for the 2019-2020 school year alone. Senior, Jenna Roelle, won 1st place in the high jump and senior, Ryan King, won 1st place in the 3200 at the Class C Section V Varsity Indoor Track Championships at RIT today. Bella DeFeo also won 2nd place in the high jump and Ryan placed 2nd in the 1000. Congratulations! Please wish them good luck for state quals next weekend. #CougarNation #BelieveTheHype!

NRW High School @NRWHS · Feb 9

NRW Varsity Indoor Track WF-L Championships at Nazareth College on 2/9/20. Bella DeFeo took 1st place in the high jump, Ryan King took 2nd in the 3200 & several PRs. #GoCougars. Sectionals are 2/22/20 @ RIT.

North Rose-Wolcott High School

Published by Robyn Renay Roberts-Grant [?] · February 15 at 10:01 AM ·

Varsity Swim Sectional Results for 2/14/20:
200 medley relay - 12th (Welsh, Davenport, Cole, Majkszak)
50 free - 16th (Majkszak)
500 free - 13th (Cole)
200 free relay - 13th (Morales, Plucinik, Davenport, Welsh)
100 back - 13th (Cole)
400 free relay - 12th (Cole, Plucinik, Welsh, Majkszak)

Nrw was 13th overall - #OneNRW

North Rose-Wolcott High School

Published by Robyn Renay Roberts-Grant [?] · February 12 at 9:18 PM ·

Congratulations to the Boys' & Girls' Varsity Bowling Teams 🎳 Both teams placed 3rd in the WF-L League Championships yesterday in Newark. Good Luck at Sectionals Feb. 14 & 15 at Gates Bowl.

North Rose-Wolcott High School

Published by Robyn Renay Roberts-Grant [?] · February 25 at 8:22 PM ·

Congratulations to the Varsity Girls' Basketball 🏀 Team for winning their 1st round of sectional play vs. Rochester Prep with a score of 72 to 26. The girls play their 2nd round game at Penn Yan on Friday at 7 o'clock. #GoLadyCougars

North Rose-Wolcott High School

Published by Robyn Renay Roberts-Grant [?] · February 16 at 12:44 AM ·

Noah Wazinski place fourth at wrestling super sectionals at SUNY Brockport and Kyle Casper placed fifth. Way to go Cougars. What an amazing day. More results to come! #CougarPride

North Rose-Wolcott High School

Published by Robyn Renay Roberts-Grant [?] · February 15 at 10:49 AM ·

NRW has another Section V Champion this year! Persian Singh placed 1st in the women's wrestling sectionals on 2/14/20. We are so proud of you. Congratulations! #CougarNation

North Rose-Wolcott High School

Published by Robyn Renay Roberts-Grant [?] · February 16 at 12:52 AM ·

We have another Section V Wrestling Champion!!! Jacob Minier placed 1st at the super sectional competition at SUNY Brockport this evening. Jake will represent NRW at the State Wrestling Championships in Albany, NY on February 28th, 2020. #WeareNRW

4. Important Events in March

- March 6th – HS and MS Interim 3 Ends
- March 9th – Opening Day for HS Spring Sports
- March 10th - BOE Meeting – NRWHS Auditorium
- March 13th –Professional Development Day including Wellness Workshops and Activities for Staff
- March 23rd - Opening Day for Modified Spring Sports
- March 25th – District Wide Concert and Art Exhibit – NRWHS
- March 25th – Spring Coach, Athlete & Parent Meeting – NRWHS
- March 27th – High School Athlete Team Photo Day & Senior Athletic Banner Photos