



District Wellness Committee Meeting Minutes

June 7th, 2016

3:45PM

Copper Hill School ~ Special Services Conference Room

In Attendance:

Kathy Kolvites (BS)

Tommie Lou Judson (RH)

Sharon Malzberg (JPC)

Stephanie Voorhees (CO)

Kathy Scheffels (RFIS)

Tim Teeling (Maschios)

Hallie Halsey (Maschios)

Yvette Shangold (RFIS)

Role of Committee is to “make recommendations to the BOE to establish and maintain a school environment that promotes the consumption of nutritious foods in school, provides opportunities for students to engage in physical activities and provides health and wellness education.

AGENDA ITEMS

OLD BUSINESS:

Sub-Committee Updates:

1. Review of District’s Wellness Policy (revised March 2014) -
 - *The item was tabled until September. Tommie Lou expressed concerns with not updating the policy and noted that FRSD is out of compliance. Stephanie Voorhees, Anna Fallon and Dr. Caulfield will review.*
2. Food Tasting Reviews
 - *Tim Teeling discussed the March Quinoa food tasting. The Quinoa had mixed reviews. The vinaigrette was discouraging. Tim will try without vinegar next year. April’s tasting was Baba Ganoush. The tasting was not well received. Maschio’s may try at a later date. The June tasting is fresh Mango. The tasting is ongoing through the entire month.*
 - *The nurses requested that there be no food tastings in the months of September and June next year. They also requested that due to extensive paperwork, could Maschio’s try to lump permission slips together.*
 - *Brussel Sprouts and Quinoa are now on menu per Tim Teeling.*

NEW BUSINESS:

1. Updates on activities from School Wellness Committees

Barley Sheaf

No meeting.

Kathy Kolvites stated that the school did the following wellness activities:

Veggie Grilling

Staff continued heart health challenge

The students participated in Friday Fun Food Facts. Kathy will send pictures to Laura Bruhn to share.

Copper Hill

No meeting or updates.

Desmares

No meeting or updates.

Robert Hunter

Tommie Lou mentioned that the focus has been on Mindfulness, Meditation and Yoga. HMC offered to help but this did not happen due to faculty meeting time issues. Teachers are using “go noodle” mindful app with Smart Boards. A parent is trained in child yoga and is willing to work with students next year. The PTO is willing to sponsor the program.

RH also had a school wide dance party. The focus is to reward students with activities rather than food. Tommie Lou will forward pictures to Laura Bruhn to share.

RFIS

Yvette Shangold reported the following:

Students

Students Kendall Williams and Dillon Baehr attended the Wellness Committee Meeting. They reported that students liked Chef War, students like the tastings that are offered during lunch, they would enjoy better tasting pizza and chicken and that they would like more time for lunch.

Walking Club- Staff

There are 10 walking club members but not all members walk on the same days. Amy Kurcharski instructed walkers on stretching and walking safety tips. Walking slowed down after PARCC testing.

Meditation Club

Did not get enough members to run the class. Will get approval and advertise earlier for next year.

Student Flyer

For next year, they plan on incorporating part of Kathy Scheffels newsletter for student tips.

JP Case

Sharon Malzberg reported that there was a lack of response for Yoga, Walking or Meditation Clubs. The survey response was also low. They will try again in the new school year. On a positive note, the monthly newsletter was well received and will be continued.

2. **Hunterdon Healthcare School Health Advisory Team Meeting**

Kathy Kolvites shared a new way for Hunterdon Medical Center to promote health. They are interested in joining with other activities to help promote health and wellness.

Kathy Scheffels suggested that a separate event be held at night for parents to attend regarding health and wellness at RFIS.

Hunterdon Healthcare is interested in doing another Lunch and Learn next year.

3. **Water Bottle Filing Stations**

Stephanie Voorhees reported the following:

RFIS

Installed 3/7/16. Saved 3104 plastic bottles to date.

Copper Hill

Installed at the end of May.

Robert Hunter

Tommie Lou noted that they would like one.

4. Other News:

- Kathleen Barbee will be taking over the website work for the committee.
- Hallie Halsey noted that Maschio's applied for a "Farm to School" Recognition Grant.
- Chef Battles – Tim Teeling shared how the event works at RFIS.
- USDA Food Program will be providing fresh produce.
- Need to be sure to advertise all of the events regarding tastings, chef battles, etc.

<p>District Wellness Committee</p> <p>Meeting dates:</p> <ul style="list-style-type: none">• Oct. 27, 2015• Feb. 16, 2015• June 7, 2016 <p>Copper Hill Special Services Conference Room</p> <p>3:30 ~ 4:45 PM</p>	<p>District Staff:</p> <ul style="list-style-type: none">• Karen Slagle, Chair * Sharon• Malzberg, JPC Nurse• Kathleen Barbee, FAD Nurse * Yvette• Shangold, RFIS Nurse• Tommie Lou Judson, RH Nurse * Vanessa• Ahmed, CH VP• Kathy Kolvites, BS Nurse * Kathy• Scheffels, PE teacher• Tim Teeling, Maschio's Food Service Director <p>Parent:</p> <ul style="list-style-type: none">• Deborah Tyler, FAD Parent <p>Community Partner:</p> <ul style="list-style-type: none">• Sandra Grenci, Community Nutrition Partner, Rutgers Cooperative <p>2015-16 Focus/Goals:</p> <ol style="list-style-type: none">1. Lunch & Learn Event at Feb. 12, 2016 PD day2. Wellness Policy review3. Food Tasting4. School-Based Wellness Committee Activities
<p>Barley Sheaf Wellness Com.</p> <p><u>2014-5 Focus/Activities:</u></p> <ul style="list-style-type: none">-Nutrition-Physical activity-Stress <p><u>Guest Speakers on:</u></p> <ul style="list-style-type: none">Relaxation TechniquesHealthy lunchesHealthy dinners	<p>BS Staff:</p> <ul style="list-style-type: none">• Kathy Kolvites, Nurse * Chris Olivo, Cafeteria Aide• Stacy Colon, Café. Aide Supervisor * Barbara Whale, Cafeteria Aide <p>Parent:</p> <ul style="list-style-type: none">• Beth Dendis• Andria Doyle <p>Students:</p> <ul style="list-style-type: none">• Andy Pfeifer (4th gr.)• Sofia Collella (4th gr.)

<p>Meeting on Oct. 22, 2015</p>	<p>BS Staff Wellness Sub-Committee:</p> <ul style="list-style-type: none"> • Kathy Kolvites, Nurse * Chris Truncale, teacher • Suzanne Galletta, teacher * Tricia Marciano, teacher • Dawn Golding, teacher <p>2015-16 Focus/Goals:</p>
<p>Copper Hill Wellness Comm.</p> <p><u>2014-5 Focus/Activities:</u> -Indoor Walking Club -Outdoor Walking Club</p> <p>Meeting date: Oct. 27, 2015</p>	<p>CH Staff:</p> <ul style="list-style-type: none"> • Vanessa Ahmed, Chair * Gina Loreti • Kelly Hoff * Deb Hart • Sher DeGenova <p>2015-16 Focus/Goals:</p> <ol style="list-style-type: none"> 1. Chef it up afterschool program- students learn basic cooking skills and prepare various foods based on class theme. 2. Winter indoor walking club (7 laps= 1 mile)- poster is hanging in the foyer to reference; several staff members walk together after school. 3. Weekly taste tests for Special Education students to expand their repertoire of food (taste , texture, color, temperature, food group, brand). This has been incorporated into some students' IEPS.
<p>Frances A. Desmares Wellness Comm.</p> <p><u>2014-5 Focus/Activities:</u> -grant for sunshade -wellness survey -partnership with Rutgers for parent/student programs</p> <p>Meeting: Oct. 22, 2015</p>	<p>FAD Staff:</p> <ul style="list-style-type: none"> • Kathleen Barbee, Chair * Lea Klein, teacher • Mark Masessa, VP * Meredith Weil, teacher • Jill Goldman-Botwin, teacher <p>Parent:</p> <ul style="list-style-type: none"> • Mrs. Tyler • Mrs. Liszt • Mrs. Easley <p>Community Partner:</p> <ul style="list-style-type: none"> • Sandra Greci, Community Nutrition Partner, Rutgers Cooperative <p>2015-16 Focus/Goals:</p>
<p>Robert Hunter Wellness Committee</p> <p><u>2014-5 Focus/Activities:</u> -District Committee minutes Goals -Staff Wellness survey -Playground Sunshade grant -Smart Chefs afterschool program -Brown Bag makeover</p>	<p>RH Staff:</p> <ul style="list-style-type: none"> • Tommie Lou Judson, Nurse * Emy Drew, teacher • Megan McPeek, teacher * Jen Marino, teacher • Karen Matulay, teacher * Caroline Foreman, teacher • Tamara Hoppe teacher * Jennifer Smits, <p>Parent:</p> <ul style="list-style-type: none"> • Mrs. Mausert • Mrs. Gray • Mrs. Jainapur <p>Community Partner:</p>

<p>Meeting date: Oct. 26, 2015</p>	<ul style="list-style-type: none"> • Sandra Greci, Community Nutrition Partner, Rutgers Cooperative <p>2015-16 Focus/Goals:</p>
<p>RFIS Wellness Committee</p> <p><u>2014-5 Focus/Activities:</u> -Healthy Husky Herald newsletter</p> <p>Meeting date: Oct. 21, 2015</p>	<p>RFIS Staff:</p> <ul style="list-style-type: none"> • Wanda Quinones • Yvette Shangold • Kathy Scheffels • Megan Quattrochi • Aileen Marsh • Robin Smith <ul style="list-style-type: none"> * Amy Kucharski * Cathy Pecka * Lizette Vilaragut * Lori Ziminski * Lisa DeMuro <p>Parent:</p> <ul style="list-style-type: none"> • Christine Reed <p>Student: Alexis Cantor (TBD)</p> <p>2015-16 Focus/Goals:</p> <ol style="list-style-type: none"> 1) Meditation Class (class not yet confirmed) 2) Walking Club 3) Student Flyer Tip
<p>JP Case Wellness Committee</p> <p><u>2014-5 Focus/Activities:</u> -Wellness survey -JPC Newsletter</p> <p>Meeting date: Oct. 15, 2015</p>	<p>JPC Staff:</p> <ul style="list-style-type: none"> • Sharon Malzberg, Nurse • Bob Castellano, Principal • Megan O'Brien, Counselor • Julie Quagliato, teacher • Katie Lynes, teacher <p>Parents: TBD Students: TBD</p> <p>2015-16 Focus/Goals:</p>