



Wellness Committee Meeting Minutes

October 27, 2015

3:30 – 5:30 PM

In Attendance:

X Mrs. Kolvites (BS)	X	Mrs. Judson (RH)	X	Mr. Teeling (Maschios)
X Mrs. Ahmed (CH)	X	Mrs. Shangold (RFIS)	X	Mrs. Slagle (Dir. of SS)
X Mrs. Barbee (FAD)	X	Sharon Malzberg (JPC)	X	Mrs. Fallon BOE/parent
Mrs. Tyler (parent)		Ms. Grenci (Rutgers)		Ms. Scheffels (Teacher)

1. 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.

The authority of the committee was discussed; the role of committee is only to make recommendations to BOE. Committee is uncertain to whom on the BOE our committee’s recommendations should be made. Any recommendations that are made by this committee will be submitted to Superintendent for distribution to appropriate BOE committee.

2. Objectives of Committee were reviewed:

- The committee will meet three times/year (Oct. 2015, Feb. & June 2016)
- The committee will assess the district’s compliance with Wellness Policy federal guidelines and legal requirements
- The committee will explore opportunities for improvement

AGENDA ITEMS

OLD BUSINESS:

1. Review of District’s Wellness Policy (revised March 2014)

In Sept. 2014, Strauss Esmay provided a draft Wellness Policy which included the most recent updates from federal regulations. In the spring of 2015, the nurses revised the District’s Wellness Policy (revised March 2014) which incorporated the updates from the Sept. 2014 Strauss Esmay policy. The revisions made by nurses were more stringent than the updates contained in the Strauss Esmay policy. The revisions made by the nurses to the District’s Wellness Policy were held, pending further anticipated updates from the federal government. At this time, there is no information regarding pending federal updates. Discussion today that revisions are needed to the District’s Wellness Policy, at this time.

PLAN:

- Mrs. Fallon & Mrs. Judson (and Ms. Grenci?) will share the Sept. 2014 Strauss Esmay policy and the district’s March 2014 district policy that contains the nurse’s revisions with the committee for review.*
- Mrs. Slagle contacted Strauss Esmay to determine the status/existence of the most recent Wellness Policy updates (Wellness Policy alerts # 198 & 204 in Dec. 2012 and Sept. 2014...no information regarding any pending updates)*
- Mrs. Fallon & Mrs. Judson will compare the Sept. 2014 policy and the Nurse’s revised policy to determine the extent of the differences; determine missing elements that need to be added.*
- After review of policies by Mrs. Judson & Mrs. Fallon, the Wellness Committee will consider making a recommendation to Policy Committee to update the 2014 policy with the revisions suggested by nurses and/or reviewed by this committee.*

2. Questions were posed to Maschios representative, Mr. Tim Teeling, regarding compliance with the following items:

- Fresh fruits vs. canned fruits
- No foods with food coloring
- Only unflavored milk for breakfast
- No snacks for K-1st graders

- Ice cream sales 1x/wk for grades 2-4th
- Desserts sold only last 10 minutes of lunch for gr. 2-6
- No snack restrictions for grades 7-8

Mr. Teeling confirmed that all of the above concerns had been addressed and that Maschios food offerings are in full compliance

NEW BUSINESS:

1. **Creation of an informational flyer** that summarizes benefits to staff members provided by our health insurance company (i.e. monetary reward for going to gym, etc.)
 - a. **PLAN:** *Mrs. Kolvites, Mrs. Shangold & Mrs. Slagle will work on this project. To be completed by Feb. 2016*

2. **Health Fair for staff:** this topic was re-visited from 2014-15 Wellness Committee discussion.

- *A lengthy discussion and brainstorming ensued about organizing a health fair for staff*
 - *Concerns raised:*
 - *Will there be sufficient attendance at an after-school health fair?*
 - *Will the effort it takes to organize such an event generate enough interest among staff to make it worthwhile?*
 - *Suggestions:*
 - *Feb. 12, 2016 Staff PD Day – organize a “Lunch & Learn” event between PD AM and PM sessions*
 - *Possibly provide free lunch to increase the likelihood of generating interest and participation*
 - *Seek grants/donations to cover cost of lunch?*
 - *Considered providing yoga/Pilates/etc. at the conclusion of the Feb. 2016 PD day, but opted to instead focus only on the Lunch & Learn event*
 - *Suggestion for our nurses to provide Blood Pressure screenings during event*
 - *Discussion regarding possible speakers:*
 - *HMC speaker on stress reduction strategies?*
 - *Shop Rite Dietician/Nutritionist Fast, Nutritious Meals for Families on the Go, etc??*

PLAN: *Mrs. Slagle will write a proposal suggesting the Wellness Committee’s idea to organize a “Lunch & Learn” event during lunchtime at the Feb. 12, 2016 staff PD Day. Mrs. Slagle will submit this proposal to Superintendent/Asst. Superintendent for consideration*

IF committee gets approval to move forward:

- *Mrs. Kolvites will contact Shop Rite dietician/nutritionist to check availability to participate*
- *Mr. Teeling will check with Maschios regarding a donation or reduced cost lunch for this event*
- *Mrs. Judson will approach Brown & Brown, HMC, Rutgers (Ms. Greci G.) regarding donations to cover costs of lunch*

3. **Food Tasting:** Mrs. Fallon noted that the impetus for the food tasting activity was to expose students to unfamiliar healthy, nutritious foods in a food tasting setting, generate excitement about these items, and then incorporate these foods into lunch menus.

Mrs. Fallon voiced disappointment in 2014-15 food –tasting events, citing that apples and spaghetti squash were tested. Although apples are nutritious, they were not an unfamiliar food, and spaghetti squash was too unusual for students to enjoy. Other committee members noted that there were several different varieties of apples to taste, and students enjoyed discovering the many different tastes of different apples.

Mrs. Fallon suggested doing taste-testing with less familiar foods such as humus or guacamole.

Mr. Teeling took notes, agreed to consider these ideas. Mr. Teeling believes taste-tasting activities will be ready in December. Suggestion that food-testings be scheduled routinely across the school year.

4. **Foods being served at PTO events :** Concern voiced that some foods served at PTO sponsored events are not

healthy. This comment excluded PTO Bake Sales, focused on candy, and other foods of minimal nutritious value. It was noted that PTOs are not subject to district/federal regulations. Suggestion that this might be discussed with Executive PTOs.

5. Updates from School Wellness Committees: see attached

Committee members were asked to share all information they are researching with all committee members.

Mrs. Slagle will be the “point person” who will communicate outcome of Lunch & Learn proposal, and plans to move ahead with the “Lunch & Learn” event on Feb. 12, 2015. Meeting adjourned 5:30 PM.

Next Dept. meeting: February 16, 2015 3:35 PM at Copper Hill Special Services