

FLEMINGTON-RARITAN REGIONAL BOARD OF EDUCATION
District Wellness Committee Meeting

May 25, 2018

2:00 p.m.

Special Services Conference room

MINUTES

1. Welcome

Review School Committee members – See Attached

2. Committee Overview

Role of the Committee

The District Wellness Committee will make recommendations to the Board of Education 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 provide health and wellness education.

3. School Reports – Building Committee Reports

Robert Hunter:

Kathy Vanderburg Specialist - Mindfulness and Yoga (Staff)
Walking Wednesday (Staff)
Videos via email - Summer health notices – (Students and Staff)

Francis A. Desmares:

Lunch Time Wellness- Fun Food Fact Friday, third and fourth grade students (Students)
2017 Google Survey for staff wellness was not completed due to time restraints (Staff)
October 2018 – Hearing health month (Staff)
Working on two bulletin boards – My Plate and Rethink your Drink (Students)
It was suggested that the Committee advertise the FAD garden throughout the District (Students and Staff)

Copper Hill:

February – Wear Red - Heart Association (Staff)
May Newsletter - Information for sun safety (Staff)
Ellen Goodfellow ran a book study "Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)" (Staff)

Barley Sheaf:

Lunch and Learn, quick and healthy meals, health benefits of garlic (Staff)
Walk to School Days – Fall and Spring (Students)
One class started a garden (Students)
Grades Three & Four - Friday Fun Food Facts (Students)
Three PTO Activity Nights; healthy snacks, physical activity, sun safety (Students)

Reading-Fleming:

Completed a Staff Wellness Survey - what they want to do, most wanted things during the day (Staff)
Health Fair through Hunterdon Medical Center during staff lunch; health specialists, BSN (Staff)
Health Fair for families- community resources (Students, Staff and Parents)
Staff game day newsletter (Staff)
Staff videos for mindfulness (Staff)
Students read healthy tips on morning announcements (Students)
Yoga on Friday (Staff)
Biggest loser (Staff)
Breast Cancer Month (Staff)
Students and staff collected and donated over \$6,000.00 to build wells for South Sudan (Students and Staff)
Students painted pumpkins which were donated to the hospital (Students)

J.P. Case:

February - Wear red (Staff)

Newsletters regarding health issues at end of staff meetings (Staff)

Nurse offered blood pressure screenings for staff before homeroom (Staff)

Investigated Health Fair opportunities focusing on Back to School Night (Students Staff and Parents)

Yoga after school (Staff)

4. Maschio's Update:

Lynn Mahoney, Maschio's Corporate Chef/Farm to School Coordinator shared she spoke at the Bi-annual farm to school summit. Maschio's partnered with a farmer that dedicated two acres of farmland specifically for Maschio's. They also partnered with Ripple Hill Farm, as part of the DOD produce grant.

Chef Tastings included: Provolone, roasted squash, figs, sweet potato soup, couscous, radishes, chick peas, artichoke hearts and fresh cherries. Some foods were incorporated into the school's menus. Next school year, tasting ideas include: Asian pears, plantains, dried cherry, dragon fruit, jersey melons, chutney, tomato jam new spices and cheeses.

Food advisory meetings should be held two times a year to be compliant with the district's contract.

The Committee discussed providing food for Free and Reduced families over the summer.

FRSD has created the back pack program with the Hunterdon Medical Center liaison for Food for Weekends. Norwescap donates food, quilts were also donated, take home bags are provided, partnering with the Salvation Army people can eat for a small price per meal. Times include Tuesday through Thursday-lunch and activity. The YMCA is attempting to develop transportation.

Nurses are going to add the students in need to their health history.

5. Review and Revise FRSD Wellness Policy:

New alerts and updates: tabled for now

Potential changes and alerts from the State or Federal Government

6. Other Business:

Deb Tyler and Anna Fallon expressed that they were pleased with all the changes in the Maschio's program. They want to see more tasting items added to the menu.

It was noted that Tim Teeling is doing an outstanding job.

It was suggested (S. Cunniff) to possibly add lunch aides to the Wellness Committee.

Anna Fallon offered idea for Back to School Fair for parents. Teach parents how to pack lunches for their children.

The Committee discussed strategies for getting more students involved with breakfast.

The Committee also discussed more Backpack notices for healthy breakfast and lunch options.

S. Voorhees asked that all Committee members share all notices with each other.

A question was asked if nurses can get food for children. S. Voorhees answered yes. Stephanie will send an email to nurses and secretaries that we will use Fund 60.

7. Meeting Ended - 3:04 p.m.