

FLEMINGTON-RARITAN REGIONAL BOARD OF EDUCATION
District Wellness Committee Meeting

February 13, 2015
12:30 p.m. – 3:00 p.m.
JPC Media Center

MINUTES

1. Welcome

Kathy Kolvites volunteered as the Secretary for the current meeting. Stephanie Voorhees will be stepping down as the Chairperson. Wanda Quinones will be the new Chairperson.

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.

Objectives of the Committee

- a. Meet in October, February and May each year to evaluate the current policy as required by law.
- b. Assess compliance with the policy and legal requirements.
- c. Explore opportunities for improvement.

3. Review of Previous Recommendations

Complete List of Recommendations:

1. Design picture signs at the beginning of the line describing what a complete meal looks like. *Completed in November*
 2. Create and send a flyer from Maschio's about what is a complete lunch, best buy, parent can limit number of snacks per week/per day. *Completed in October*
 3. Consider increasing staff at RFIS. May consider moving one staff member from JPC to RFIS. *We are watching the lines at RFIS. Do not feel necessary at this time.*
 4. Fix POS system problems. (pin pads and master list) *Completed in December. It was requested that a form for selecting a meal vs. a snack be placed on pay for it. It was determined that the form has to be advertised on the Flemington-Raritan School Districts website.*
 5. Craft a staff survey – RFIS to share – *Mrs. Ostenso shared her survey in December*
 6. Ms. Voorhees will investigate a Staff Health Fair with Blue Cross/Blue Shield to kick off staff wellness. *Staff Fair on hold at this time.*
 7. Investigate hand wipes to combat enterovirous. *Nurses do not feel that hand gel is effective against the enterovirous. They are promoting hand washing.*
 8. Investigate installing sinks and water fountains in cafeteria's (Water bottle filler too) *The Facilities/Operations Committee of the Board met on 11/11/14. They do not feel that this request is a district priority at this time.* Ms. Voorhees explained the whole process including building permits which would create an issue if someone were to make a donation. The Wellness Committee felt this was not an issue.
 9. Maschio's will continue to investigate local pizza options. *Panitieri Pizza will provide local pizza beginning in February also Domino's and add "local fresh" to the advertisement.*
 10. Create a Wellness Website. *Tommie Lou Judson is currently updating our website. The webpage is located on the Parents page.*
- *The Committee re-discussed that we only create recommendations for the Board and Administration to consider.*

4. Discuss: Outstanding Topics

- a) Snacks and desserts for 7th and 8th grades – the Committee does not see a concern. The 5th and 6th grade changes do not create a big impact.

5. School Reports – Building Committee Reports

RH did the following 2 pronged survey: personal health and work environment. The survey results were as follows: stress concerns were a large issue, exercise after school, they made the staff lounge more pleasant, group activities and visited Ronald McDonald House. They need more parental involvement, more physical activities and to teach parents good lunch habits. They need PTO help to incorporate student enrichment i.e. Smart Chefs.

FAD spoke about the district meeting, water fountains, how far the cafeteria has come to the possibility of getting a grant for a sun shade for students and about the outside water fountain. Ms. Voorhees will research kids drinking from a spigot. They will also be doing a staff survey. Ms. Genci was at the meeting and will be doing an event setting up a table to educate parents on “my plate” during the book fair and looking at a cooking class.

RFIS had a meeting to review results of the survey. They are working with Parks & Recreation to offer extra programs for the staff. Ms. Scheffels has a monthly newsletter for the staff called “Healthy Husky” for March. The lunch line has improved at RFIS. The fruits and vegetables are visible.

JPC is working on getting results of the survey and will have them at the next meeting.

BS did a staff survey on stress and nutrition. They had the Shop Rite dietician speak to the staff on meditation and mindfulness to come. They polled the student’s classmates and they want celery and broccoli with dip, yogurt and soft tacos. They do not like bread it’s not fresh and do not like Panitieri Pizza, they prefer Dominos.

CH is getting started and will be meeting to prepare a staff survey. They suggested having a fork in a separate bag versus fork, spoon and knife which is a recycling issue. Ms. Rosengarden is running The Biggest Losers Program for the staff. Ms. Judson will post on the website a standardized process for determining indoor/outdoor recess. The apple tasting was well received. Maschio’s stated that the next tasting will be chili at the end of March. They may be installing a walking path.

6. Review and Revise FRSD Wellness Policy

Mrs. Voorhees attached a suggested revision to the FRSD Wellness policy for review at the meeting. Ms. Judson provided a suggestion as recommended on the CDC index. Ms. Fallon will ask Mr. Nolan for the latest Strauss Policy as this needs to be consistent by all the teachers and PTO’s.

7. Other Business

Ms. Tyler reported that Ms. Mazza from Maschio’s visited the Dvoor Farm to buy fresh supplies and she is very excited about that. Ms. Judson will send us evidence based on recess 1st vs. lunch 1st. Ms. Voorhees will share with the Administration.

8. Next Meeting – a date will be chosen that is the least intrusive date for all.