

Minutes
Wellness Committee
May 19, 2014

Present:

Lois Pernice, Director of Pupil Services, Chairperson

Jo-Ann Keating, Ed.D., Director of Finance and Operations, Co-Chairperson

Jill Patterson, Chartwells Registered Dietician

Andre Santelli, Chartwells Food Service Director

Sheryl Zulkeski, Nurse Supervisor

Dan Doak, Asst. Principal – WHS

Nina Daniel, Board of Education Rep.

Michelle Albright, Director of Youth Services

The meeting was called to order by Dr. Keating at 3:08 p.m.

The Committee discussed the following items regarding nutrition:

- Dr. Keating reported to the Committee that new USDA guidelines are scheduled to take affect for the 2014-15 school year, which will eliminate many of the highly demanded foods currently offered at the high school. Additionally, she noted that portion sizes are too small for many students, forcing them to buy more than one lunch. Dr. Keating informed the Committee that the District was contemplating coming off of the National School Lunch Program for Weston High School in order to offer students a well-rounded program that meets their needs and continues with the District's healthy food standards.
- Mr. Santelli reported that if the high school no longer participates in the National School Lunch Program, the District would not only be able to keep all of the current offerings, but also offer new options such as healthy smoothies, expanded food stations, and super foods. Additionally, portion sizes would be larger, alleviating the need for students to buy a second lunch, and saving them money. The cafeteria would be staged like a university cafeteria.
- Dr. Keating reported that a Foodservice Committee, made up of students, parents and administrators has been formed to review the feasibility of coming off the program and would be receiving feedback from high school students and parents. If the high school comes off the program, the District will no longer receive its E-Rate reimbursement for the high school.

The Committee discussed the following items regarding social and emotional health:

- Ms. Pernice reported that attendance at this year's Family University Night was less than expected. She will be reviewing the event to see what can be done differently in the future. Those who attended were very pleased with the event.
- Ms. Pernice also reported that the District finished its third year of training in PBIS and it has been a success. PBIS will continue to be used even though training is completed.
- Mr. Doak reported that the high school will be offering a cyberbullying workshop for parents on May 29th called *Cyberbullying: What Families Don't Know Can Hurt Them*. This is replacing the *Truth About Hate* presentation that was offered in the past.

The Committee discussed the following items regarding food for classroom parties:

- Ms. Pernice informed the Committee that there has been concern among some elementary school parents regarding the cupcakes that students bring in for their birthdays. Their main concern is regarding children with allergies and the type of food being brought in. Ms. Pernice will research what policies other districts have in place regarding in-class birthday parties.

The Committee discussed the following action items regarding safe routes to school:

- Dr. Keating informed the Committee that the District has applied to the State for a planning grant which will help be used to develop a safe routes to school plan. The program will address pedestrian and vehicular traffic on campus during and after school. Her goal is to have the basic program in place by the beginning of the 14/15 school year, and will work on putting a committee together to facilitate the project. She is hoping to get parents more involved in making the campus safer.

The Committee discussed the following action items regarding the National School Lunch Program for WHS:

- This topic was covered under the nutrition agenda item.

There being no further business to discuss, the meeting adjourned at 3:47 p.m.

The next meeting will be held on June 2nd at 3:00 p.m.

Respectfully submitted,

Andrew Galli

Administrative Assistant to the Director of Finance and Operations