

APPROVED: 5/24/23 Wellness Committee Meeting Minutes

Meeting Date: 5/24/23 at 8:15am, District Office

Pledge of Allegiance

Attendance:

Present: Kristen Dainty, Maria Barton, Andrea Cucci, Matthew Flusser, Marie Johnson, Peggy Kelland, John Lumia, Michael McFarland

Absent: Carol Geldof, Kurt Jesman, David Seipp

Motion to begin: 8:15am - Mr. Lumia; Mrs. Johnson (1st; 2nd; all in favor)

Meeting Minutes: 3/22/23 minutes approved. (Mr. McFarland; Mrs. Kelland (1st; 2nd; all in favor)

2023 Survey Results:

Reviewed results from prior years to 2022-2023 (19-20: 1011 total, 20-21: 1682 total, 21-22: 799 total, and 22-23:1424 total) and had brief discussion on the low voter turnout at the school budget election as well. High level of apathy all around the County and not just WCSD. Mrs. Kelland added that the dissatisfied voters are who normally turn out for elections and survey completion.

Student Survey:

- Interesting that looking at grade levels completing the surveys 7th and 8th grade the highest - they also all have chromebooks.
- Interesting that fish sticks were a main point of contention since they were recently added as a commodity and do not fare poorly in participation per Mr. Flusser. Additionally, adding new menu items has ramifications like recipes and taste testing and staff protocols, etc.
- Ms. Cucci inquired as to what Chicken Smackers were and Mr. Flusser described the white and dark meat combo lunch item that meets the guidelines.
- Expanded options as feedback - Mrs. Kelland spoke about when she was in school and there were options such as italian and chinese which really was just spaghetti noodles and vegetables. Mr. Flusser discussed the difficulty of making something like pasta in a small kitchen with limited staff and following safety protocols, etc. It can be done; but would be a challenge. What about macaroni and cheese? Mr. Flusser discussed there is a new product that is available as a commodity that is not that bad and will be added to the menu rotation. Salads are always an option There are ways to eat healthier, just need to seek them out a bit more. How about a sign “pre-order a salad” today at the register per Ms. Cucci. Mr. Flusser said, great idea.
- Free and Reduced lunch - there was student feedback on not having money to purchase food at the cafeteria per Ms. Barton. Discussion was had about the application process and the yes or no (no in-between answer) for families regarding their eligibility. Mrs. Johnson added steps taken by the Communications Committee with regard to free and reduced application and participation during its tenure. Conversation on Community Eligibility Program (CEP) and local and state news stories per Mrs. Kelland and Mrs. Johnson. Indicative of Title I schools getting the aid but for WCSD that is only three buildings and not really the best case scenario.

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- Mrs. Barton asked about the availability of fresh fruit and Mr. Flusser assured her of at least two options at each school daily and not canned. These are located right on the lunch line. Fruit is a requirement at breakfast too.
- Agreed on more communication needed regarding Q14 - students knowing who they could turn to if they needed someone in the school. This will be added to a Principal agenda per Ms. Dainty. Also a concern on Q18 and having access to School Counselors will be shared with Senior Staff Administration by Ms. Dainty.

Parent/Guardian Survey:

- Q8 neutral and responses below are concerning as parents don't know who their students can speak to about personal concerns. Per Mrs. Barton, notifying the families of what resources are available. Per Mrs. Cucci, Myers uses the terms emotional teachers for Social Workers and Counselors as it is welcoming and they even hold workshops during recess that students can participate in.
- Mrs. Barton asked how the survey response this year looked as compared to past ones. Ms. Dainty - there are a handful of data points that will be carried forward to strengthen the communication in schools and between families.
- Mrs. Kelland - left the meeting.
- Mrs. Johnson requested that a thank you be sent to the Community and students - re: survey and how their feedback is valued.
- Mr. Flusser is looking at the answers from the survey and sees smoothies. Sounds like a great idea - what is feasibility?, etc.
- Mrs. Johnson had to leave the meeting.
- Mr. Flusser another option is a quesadilla. Ok to make 100 in one school but 1,000 in another is something to be considered.
- Mrs. Barton and Mrs. Cucci - focus on mental health aspects and wellness in general - adding the questions are a start to the conversation. This is huge. Acknowledging that mental health concerns need to be addressed and communication is important. More acknowledgement, more feedback. Keeping in mind that at the secondary level, if these answers are provided, there really is something there and to be aware of.

No other things to add. Ms. Dainty thanked the Committee for the work this year. Made some strides and will be looking for new year Committee members in the late summer and early fall.

Motion to adjourn: 9:27am - Mr. Lumia; Mrs. Barton (1st; 2nd; all in favor)