

## APPROVED: 11/14/23 Wellness Committee Meeting Minutes

**Meeting Date:** 11/14/23 at 8:00am, District Office

### **Attendance:**

**Present:** Kristen Dainty, Matthew Flusser, Walter Gulick, Kurt Jesman, Marie Johnson, Michael McFarland, Gina Nicolari, Courtney Novick, James Spencer, Terrence Thompson

**Absent:** Andrea Cucci, Kelly Jackman, John Lumia

**Motion to begin:** 8:00am - Mrs. Johnson, Mr. McFarland (1st; 2nd; all in favor)

**Meeting Minutes:** 5/24/23 minutes approved. (Mrs. Johnson, Mr. McFarland (1st; 2nd; all in favor)

**Wellness Drive** - any issues with access reach out

### **Charter/Policy 5404/Procedures & Standards/Committee Presentation to the BOE**

Two small changes to Charter on language and context only and quick overview of the process. The role of the district wide Wellness committee is to provide oversight to building level committees. Mr. Spencer: What interaction do we have with building level committees? Quarterly follow-up - building response activity is requested. We will request any available building level committee work as well for the district wide committee's review.

### **2022-2023 Student Data: Attendance, Discipline, Test Scores**

Discussion on what a District level committee can do with summary level reporting such as this. Mrs. Johnson felt, based on recent attendance at the NYSSBA Annual Conference, that this data was to be used so that building level committees can get involved. Mr. Thompson - data - discipline - food - attendance are all discussion points for the building's meetings on proportionally and PPS. Nurses are also included in these discussions. Ms Nicolari stated that at the building level - Counselors, Psychologists, Social Workers, all hands on board to assist in the needs of students. Mr. Thompson - taking all food components from the cafeteria as well into these discussions.

Mr. McFarland - How do we monitor food taken vs. eaten? This is done in conjunction with Food Service workers and monitors assigned to the cafeteria per Mr. Thompson (i.e.: milk in the garbage cans, etc). This info is all shared for the PPS meetings for example. Open line of communication.

Ms. Nicolari - that communication also works backwards too - cannot always catch the issues when monitoring. Students with headaches, dizziness, etc. - see the nurses first - and can identify those most at risk - and inquire into the symptoms. Monitors reach out to Admin/Social Workers at the building and per Mr. Thompson PPS meets weekly.

Mr. McFarland - lines @ elementary school - for food delivery - too long in line and not enough time to eat. This is based on current infrastructure per Mr. Flusser For example, Sheafe Road is very busy - one serving line so they serve breakfast in the hallway. Additionally, choices slow the line down for students - 2 types of pop tarts - many principals say do not offer the choice due to time constraints. At RCK - staff have 10 min to get 200 students through the line and they do it everyday. Flow is where it is at and what they want to eat as options - two most important factors. Mozzarella sticks the students love - fish sticks not so much. Meeting the students' wants and the government's requirements. Whole wheat rolls have been in place for almost 8 years - whereas at RCK these never sold years ago now the students are used

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to them and the rolls are accepted - change can be slow. Profit and loss is also a factor and food service gets asked why do we feed students like they are at a carnival? Apples & education is what it comes down to.

Mr. Gulick - can we donate food not eaten - or send it to the nurses office? gray area - allergy and is it safe to consume (i.e.: temperature, sanitary, etc. ) - washed and in bags for apples daily at schools. Mr. Flusser donates food to local pantry at holiday break or at the end of school year.

Ms. Novick PE: ala carte - any limits on what students can buy? Mr. Flusser explained the Point of Sale system or to send students in with cash for that type of purchase.

Mr. Thompson - Energy drinks @ WJH not allowed. District policy monitoring/enforcing would be a concern. Ms. Nicolari - water & water stations - since water fountains are capped off - more are needed at WJHS per Mr Thompson. Ms. Nicolari stated that not all students have water bottles to refill and therefore should have more access to the cafeteria to purchase water throughout the day.

Food Service Update from Mr. Flusser - new items to add to the menu - looking for responses from students on new items - mac & cheese is very well received; K-12 pulled pork did ok as well. Popular items are still popular and participation is good - sandwiches - orders per day and in advance are all helpful in the efficient operation of the kitchens. This is a concerted effort between the building Admin and the food service department. The Child Nutrition Services (CNS) audit occurs every 3 years...will start next week for WCSD. Mr. Flusser has done a lot of the prerequisite work (i.e.: narratives, forms, etc.) - on site will be next week.

### **Good of the Order**

Mrs. Johnson - Surveys for the spring 2024 - start review in January 2023 by the Committee - wishes to add to activities question - PE & emotional / less food questions. This has been noted.

Mr. Thompson - fitness trails / stations as an option to Mr. Jesman. Interactive with PE possibly. Mrs. Johnson added that during the Board Tours - wellness sensory activities along the hallway - tap hands, move feet at Oak Grove was interesting. This would work for Elementary with stickers on the floors but not so sure at secondary schools. Additionally, OG had an anonymous mailbox w/out drawing attention to themselves for those who need help or need to talk.

**Motion to adjourn:** 9:00am - Mrs. Johnson, Mr. McFarland (1st; 2nd; all in favor)