

## APPROVED: 3/12/25 Wellness Committee Meeting Minutes

**Meeting Date:** 3/12/25 - 8:00am - District Office

**Attendance:**

**Present:** Kristen Dainty, Alex Callaway, Matthew Flusser, Peggy Kelland, Michael McFarland, John Morgan, Gina Nicolari, Keith Odums (arrived 8:18am), Angie Rooney, Sharon McDonough

**Absent:** Kurt Jesman

**Additional Attendees:** John Lumia (left 8:19am)

**Motion to begin:** 8:01am (1st Mr. McFarland; 2nd Mrs. Kelland; all in favor)

**Meeting Minutes** 10/16/24 minutes approved (1st Mr. Morgan; 2nd Mr. McFarland; all in favor)  
1/8/25 minutes approved (1st Mrs. Kelland; 2nd Ms. Nicolari; all in favor)

**2025 Survey**

Finalize: Question #4 of the student survey was noted as one to be reworded and include additional response options to include N/A and I do not eat the school lunch. Further discussion took place about the parent survey with a focus on purpose and placement of Question #4. Reads as subjective, but also focuses on mental health; suggested to reword the question and place it in between questions 7-8. An updated survey with changes will be sent to the committee for review.

Timeline: Release dates of the survey were discussed regarding a 4/23 start after spring break and ending on 5/7 vs running the survey 5/5-5/16. It was discussed that right after spring break and the month of April is a very busy time in the schools and having a May start and end date, might result in better participation - deadline driven. Past survey results have had start and end dates with various time frames, however has not increased participation.

Support from Schools: Principals are supportive and surveys will be sent via blackboard; daily reminders; TV monitors, websites throughout the district (i.e. main WCSD, schools, teachers, nurses); adding google classrooms. Further topics discussed were incentives or a contest between the principals - a trophy, extra points, participation in PE class.

Ms. Dainty discussed in detail about past participation rates and survey results. Discussion that a 10% participation rate is about average. Even though participation is low, providing a survey is a NYS requirement.

School Lunch Update: Mr. Flusser noted that students seem happy with the food served and approximately 4000 lunches and 1500 breakfasts are served. Breakfast seems to be underutilized due to arrival time and lack of custodial staff. Discussion: student academic schedules may interfere with their ability to have a break for lunch.

General Discussion: Mr. Callaway asked about students' unwanted food that is left on a table for sharing. Since those items cannot be taken back to the kitchen, what are the options so they are not wasted? Ms. Nicolari noted that the health office welcomes these extra items for students who may have medical needs. Further discussion about students having choices of vegetable - NYS law requires that only certain ones can be served.

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Mrs. Kelland asked about the impact of Federal funding being discontinued referring to the possible discontinuance of LFPA. Ms. Dainty noted that there is no direct funding but is watching the Governor's proposal to see if 100% free lunches will be included.

Mr. Calloway talked about the positive impact that the students experienced with a meditation program at WJHS. Mrs. Kelland added that small exercise breaks during that day are good for students as well.

### **To Do's:**

#### **Ms. Dainty:**

Reach out to other business officials about their wellness survey, participation and results.

Discussion the use of PE time with Mr. Jesman

#### **Mr. Flusser:**

Give an updated number of lunch and breakfast sales.

**Motion to adjourn:** 8:52am 1st Mr. McFarland; 2nd Ms. Nicolari; all in favor