

Wellness Committee Meeting - Minutes

Meeting Date: Tuesday, 1/14/20

Minutes Approved: Tuesday, 5/19/20

Meeting Called to Order: 8:01 am; Mr. Rubin motioned; Mrs. Johnson seconded; all in favor unanimous

In Attendance: Ms. Crandall, Mr. Flusser, Mr. Rubin, Mrs. Johnson, Mr. Lumia, Mrs. Kelland, Mr. Feldman, Ms. Riordan, Mr. Jesman, Mr. Seipp

Minutes: No quorum to approve minutes. Discussion about the minutes from previous years being archived and the posting of current year minutes as drafts due to the quarterly meeting dates. This was directly related to the parent proposal for stand up desks from the May 2019 meeting.

8:05am Mr. Jesman arrived

8:06am Mr. Seipp arrived

Minutes from 10/23/19 meeting were reviewed. Motion to approve Mr. Lumia; second Mr. Rubin; all in favor unanimous

Discussion began regarding the plastic bag restriction and the impact on WCSD Food Services – Mr. Flusser said no plastic bags were used except for the grab and go breakfast options. WCSD as a school district is not impacted by the bag law. Mr. Flusser and Ms. Crandall will discuss at their monthly meetings regarding a possible change for the breakfast options.

Farm Project - Harvest of the month is apples. Kale and apple salad is one of the special menu items as are sliced apples. This has gained popularity over time. The 2019-2020 grant included a push for more NY goods to be used in school kitchens. Governor Cuomo also incorporated language in legislation about the use of NY goods, but his bar is very high and hard for school districts to attain (30% of goods purchased, etc.) to get the cost savings he has included. WCSD is making strides to purchase more NY goods (i.e.: milk and yogurt) as well as NY grape juice for the month of February 2020. The cost of NY goods is exorbitantly higher than bid prices per Mr. Flusser. When whole grains were mandated by the USDA the same thing was experienced and with time the prices of goods have slowly come down. WCSD is trying to do the right thing even at the expense of the budget - that is why items are being added very slowly. For example, some districts are using local beef; that is not a feasible option for WCSD at this time. USDA regulations are continuing to be met and that is the most important criteria.

John Jay Garden - Several items were harvested from this garden and used by John Jay kitchens as well as others. This is a good educational experience per Mrs. Kelland but there is no way that a garden at each school could ever subsidize the produce purchases needed by Food Service. The Future Farmers of America (FFA) at JJHS is looking to be expanded to RCKHS which would also be beneficial to future gardens and opportunities for wellness activities.

Nutritional Content - Team Drive has the most up to date nutritional values for the Committee's review. Mr. Rubin asked if these items sell. Mr. Flusser replied, yes they do.

Charter - The requested update for language to the charter (parent vs. parents) will be updated in July 2020. This was agreed upon by the entire committee.

Surveys - The work for 2020 surveys will begin. The Committee is in receipt of the 2018-2019 questions and results. Conversation was had on the limited response and nature of the comments provided. Ms. Crandall will look at other districts to see if any new topics should be addressed in the 2019-2020 survey. Mrs. Kelland indicated that consistency in questioning on surveys lead to the best outcomes. Homework dates and timelines will be provided in the coming days.

Standing Desk Proposal - The Wellness Committee can certainly forward this request on to the administration to review. Per Mrs. Kelland, Fishkill Elementary does have alternative seating options in a classroom. Mr. Lumia this is a tight budget year and money may not be available. Mr. Feldman offered to provide research to this topic as this is his field. He also shared that students do not move enough. Movement helps to maintain focus and actually increases attention. For example, his meetings do not include chairs. Mrs. Kelland offered that in Japan and Finland, the school day is 45 minutes class time and 15 minutes recess and these countries have extremely high academic achievement rates. Mrs. Johnson pointed out that these students attend school 12 months a year and have a six day school week so that additional class time makes a difference as well.

New Item - Assessment Tool – Ms. Crandall will provide a template for review for the Committee. This assessment tool is to be used at the building level to assess the building's wellness activities. More information to follow including the need for some additional homework by the Committee in this area.

Motion to adjourn – 8:38am; Motion Mr. Rubin; Second Mrs. Johnson; unanimous