

Wellness Committee Minutes

Meeting date: Thursday, 1/17/19

Meeting called to order 8:02am

Pledge of Allegiance

Minutes approved: 3/12/19

Attendance: Kristen Crandall, Matthew Flusser, Paul Galletta, Peggy Kelland, CJ Knight, Madhavi Kopoula, Keith Odums, Mindy Potter, Linda Rappaport

Absent: Steve Shuchat, Maureen White, Erica Winter

Peggy Kelland arrives 8:04am

Welcome

Approval of minutes from October 17, 2018 meeting: Peggy Kelland advised of two grammatical corrections that were needed in order to correct the minutes. Motion to approve minutes: Mindy Potter (first), Paul Galletta (second), unanimous to accept.

New York State (NYS) Food Service Audit: The New York State (NYS) audit will commence fieldwork for two days on March 26 & 27, 2019. Sheafe Road Elementary, Oak Grove Elementary and Fishkill Plains Elementary will be the audited locations.

Much preliminary work has been done by Food Services in advance of this audit based on requests from NYS that needs to be fulfilled. Follow-up with the all of the schools to ensure all operations and signage are in order. Food services are being promoted – breakfast and lunch. Grab and Go breakfast components as well as lunch components are correct and nutritionally proportionate. Nutritional survey is currently being completed. NYS has asked questions about the work of the Wellness Committee.

Per Matthew Flusser - this year's work will focus on procurement and purchasing. Every free and reduced meal application will be reviewed by NYS staff. Principals are cooperative with all of the changes as a result of the new and updated regulations

Peggy Kelland question/comment: Breakfast - you mention is a grab and go at Sheafe Road – is this beneficial? Not having a sit down breakfast option available. Per Matthew Flusser as long as the components are there any breakfast is better than none.

Keith Odums question/comment: Do kids throw out their breakfasts like their lunches? Per Matthew Flusser - the waste is not as significant because of the vast number of choices students

have, even with the grab and go option. Students can tailor their choice more to their liking and still meet the nutritional components.

Peggy Kelland question/comment: Does grab and go mean more meals are served? Per Matthew Flusser – Sheafe Road has the largest breakfast participation so it is difficult to tell. There is a very high Free and Reduced population at Sheafe Road.

Paul Galletta question/comment: The language used by NYS to “promote’ breakfast is odd. Per Kristen Crandall - this is actually a requirement from NYS – we are gathering the data to support the steps taken by the District to meet this requirement.

Mindy Potter question/comment: How can nurses get more involved? Many times we know the students who are underweight based on trips to the nurses office with ailments like “my stomach hurts”. Many times students have not eaten and when they are asked why, the reason stated is they do not have enough time. The district Cafeteria’s do work to help in these cases or nurses have small stashes of snacks for these students in their offices. Many times the social worker and the principal are also made aware of these visits.

Linda Rappaport teacher perspective: Saw a pattern when she was in the classroom. The last ones in the room would need to go get breakfast then and then cause a disruption upon return with their food. Many times these students would not have their work completed either. Administration tells teachers they are to teach, but as a teacher both sides can be seen for the reasons behind these student behaviors. Maybe breakfast time can be factored in to the school day?

Keith Odums question/comment: Free and Reduced Applications must be done annually. What do we do to ensure we reach all students? Per Matthew Flusser this is a thorough process that starts when a child enters Kindergarten and then shared in August of every year. Process explained as to mailing, notification, etc. Students eligible in the previous school year have until mid-October to complete new application before they are removed from the program.

Linda Rappaport question/comment: Shaming policy - are we all set at WCSD? Per Matthew Flusser - yes, policy has been amended and the practices of the kitchen were addressed prior to the start of the 2018-2019 school year.

NYS Farm to School Program: In the 2018-2019 school year, in addition to professional development for staff and student activities, the District is receiving a double oven at Myers Corners Elementary. The 2019-2020 grant has just been awarded and WCSD is the lucky recipient again!

Strategic Plan: The committee reviewed the information as prepared by members for homework. Kristen Crandall will review the notes of the Committee's discussion and provide the Committee with three goals. Once reviewed and updated as needed, the submission will be made to the Superintendent's office by the due date.

Conversation: Regarding: Jumprope for Heart type activities, building based needs to be addressed, budget constraints for activities such as modified lacrosse, consistency in recess application between schools (many times the nurses offices also have cold weather articles of clothing for students who do not have their own), intra-murals at the High Schools for those students not interested or athletic enough to play at the higher level and looking at the facilities availability so maybe a crossover offering between seasons is a better option, FDA recalls on food impacts, responsibility for safety education (i.e.: wellness or building level safety) curriculum and changes in income eligibility.

Discipline, Absenteeism & Testing Data, etc.: All of this data is available on the shared google drive. Mindy Potter asked for the a la carte book as a print out to assist her diabetic students with the offerings that they can and cannot have.

Peggy Kelland question/comment: Allergens and ingredients available for parents. Per Matthew Flusser all of this information is available from the Food Service Office. Parents do call and ask questions. Too voluminous to be on the website. Mindy Potter added that the Food Service is helpful when the nurses' offices call with ingredient questions. Mindy Potter and Matthew Flusser also shared that once the allergy is identified it is added to the student's record, which shows on the screens for food service workers as the students check out. This is helpful.

March 2019 meeting agenda will include the review of the survey. There will be homework on this topic in the coming weeks.

Meeting adjourned 9:12am. Motion to adjourn: Mindy Potter (first), Christopher Knight (seconded), unanimous to accept.