

Wellness Committee Minutes

Wednesday October 11, 2017 called to order 8:01am

Pledge of Allegiance

Approved: 01/09/18

Welcome New Members

Meeting Minutes - Mrs. Kelland made a motion to review the minutes seconded by Dr. Shuchat. The Committee members who were present reviewed the meeting minutes of 5/24/17 with no corrections. Motion to accept the minutes as written: unanimous.

Wellness activities at the buildings – The 2017-2018 student and staff activities will again be compiled and shared among building level administrators as well as with the community on the District website. Regulations are not clear on what a wellness activity is per se and we do not need to perform this task. However, all buildings are encouraged to supply this information as this is good news to report out and share with families. Mrs. Kelland was happy to hear that this applied to both students and staff. Mr. Rubin asked about blood drives and if they should/could be included. The Business Office will confirm who the point of contact will be at the buildings so to ensure all information is received. Mr. Knight will bring this up at an upcoming departmental meeting

Charter, Policy and Wellness Procedures – The charter was approved at the July 2017 Reorganizational meeting. The policy (5404) was approved in March 2017. The District is required by NYS regulation to provide the Board of Education with an update on the Wellness Procedures and Standards every three years. The last time this presentation was done was in the 2015-2016 school year.

Surveys – Student and community surveys were conducted in June 2017. The results were shared with the Committee. The response rate was very low – 190 from the community and 151 from the students at the three high schools. Ms. Crandall noted the low turnout was most likely due to the timing of the surveys, the community survey results did reflect a lack of understanding by the parents of activities and food services and the student survey showed the high percentage of those surveyed who do not eat breakfast or have a lunch period. Ms. Justs pointed out the importance of breakfast and if you do not eat breakfast your brain function is impacted for the rest of the day. Additionally that not eating breakfast this is a learned behavior. Ms. Crandall shared that every school building does offer a hot and cold breakfast menu but that participation is varied. Ms. Crandall stated that the comments were not positive from the

surveys. Mrs. Kelland asked about the whole idea of choice and how many entrees should we offer. Mr. Flusser shared that food services does have a menu that is redundant but it is based on what students will eat. The standards are healthy but that education is needed at home as well for the notion to be moved forward. Mrs. Kelland also stated that many times what parents think students should eat does not mirror what the students choose to eat.

Discussion continued on the regulations about fundraisers and bake sales and Mr. Rubin shared information on the Veterans Administration practices with regard to food.

Discussion turned briefly to allergens by Mr. Rubin and Ms. Justs shared her experiences with school-level bake sales and the restrictions she encountered.

Back to the education of families on nutrition one of the first parent workshops did include a nutrition healthy balance session that no parent signed up for. Ms. Justs did offer her assistance if this ever were to be offered again. A collaborative effort between Ms Justs and Mr Flusser possible?

The possibility of a Health and Wellness Fair was also discussed briefly.

Poughkeepsie Farm Project-Mr. Flusser attended a local FSD meeting where the Poughkeepsie Farm Project was highlighted. Mr. Flusser shared a handout about the Project as well as a sample of the micro-greens that are being sown right here in Poughkeepsie. Mr. Flusser will look to include these nutritional powerhouses on side salads in the near future. These greens are not considered a separate vegetable as of now by the USDA so the purchase of the greens are currently not reimbursable to WCSD. However the advocacy group of the Project is working on this very topic and even though this will cost the Food Service program some money, the benefits of local are a plus. Mrs. Kelland shared her experience with the Poughkeepsie Farm Project and the making of vegetable smoothies.

Organic and non-GMO lunch pilot program – Ms. Crandall will share a link to an article on a school in California that will be having a pilot program that offers 500 middle school students 100% organic and non GMO lunches daily.

Google Drive & Wellness – Quite a bit of paper was shared with the Committee today. Ms. Crandall would like to invite all members of the Committee to the google drive option as this Committee will see a lot of data on students, nutritional etc. over the next three meetings.

For the Good of the Order – Dr. Shuchat shared that is pleased to be involved in the conversations that occur at these meetings. He also shared how PBIS can be summarized as the social and emotional health of students and staff – events such as anti-bullying guest speakers

and fun food Fridays help to boost morale and feeling of community. Dr. Shuchat also shared how we now have edCamp for professional development but several years ago there were Superintendent Conference Days held that did include physical and emotional health for staff. He can remember that members of our own team who had specialty knowledge on topics would hold in-service sessions for other staff members. Ms. Crandall will share this information at the next Central Office Staff meeting as scheduling of conference days for 2017-2018 continue.

Mrs. Kelland responded to comments about using local fruit and vegetable farmers and the seasonality of items - when items were not produced for durability but for taste. It was a treat when fresh peas were in season and when they were gone they were gone until the following year unless they could be kept in the root cellar.

January 2018 Agenda - The January meeting date will be set in the near future and agenda items will include: student data, food service nutritionals, intra-mural listing for 2016-20147 and 2017-2018, spring 2018 survey and any changes to policy.

Motion to adjourn Mr. Rubin; seconded Mrs. Kelland 9:07am