

Wellness Committee Minutes

Wednesday May 24, 2017 called to order 8:15am

Pledge of Allegiance

Mr. Rubin made a motion to review the minutes seconded by Mrs. Crandall. The Committee members who were present reviewed the meeting minutes of 3/7/17 with no corrections. Motion to accept the minutes as written: unanimous.

Policy 5404 - Student Wellness policy was approved by the Board of Education on 3/13/17. There were changes made after the first reading of the policy. The Committee received the revised the policy soon after it's acceptance by the Board of Education.

Wellness activities at the buildings – Mr. Rubin asked about the number of participants and if we had asked about that. Mrs. Crandall shared that we are not even sure how popular these activities are and through the survey (to be discussed later on the agenda) we can glean some info that supports the need for additional promotion of such activities at the buildings. Mrs. Kelland noted that Oak Grove participated in Jump Rope for Heart and it was not included on the list of activities. The entire list should be sent to all building contacts so that they understand what each other are including. Mr. Knight suggested that maybe the building contacts should be someone other than building administrators and Mrs. Crandall will be mindful of that for the next school year. Mr. Rubin asked that the heading and title of the building level sheets be updated so as to ensure that this is the Wellness Committee and not confused by using some other name.

Surveys - Motion to approve surveys Mr. Rubin motion; Mrs. Kelland seconded

Discussion

Mrs. Crandall shared that these should go out next week. Ms. Waldow (OVAHS student) shared that participation may be low by students because many have already "checked" out for the school year. Maybe we should consider changing the timing of the surveys for next year. Mrs. Crandall stated that we just wanted to lay a groundwork of all work to be done this year and since we learned of the guidelines so late (ie: Feb. 2017) we will certainly revise the timeline in 2017-2018.

Mr. Rubin asked about the final choice in question #3 of the student survey - brief conversation ensued and the choice will remain as is written.

Mrs. Kelland asked about question #2 (student survey) and the same choice but decision was made to leave as is written.

Mr. Knight asked about adding an Other option with a write in box in question #8 of the student survey. After brief discussion, this was added.

Mrs. Crandall added that some other ideas were shared (ie: Dr. Shuchat and the environment of the cafeteria to which Mrs. Kelland added her experiences in the college cafeteria) and that while these did not make this survey they are not disregarded. This being the first survey ever done by the Wellness Committee; we followed the NYS guidelines and WCSD policy.

Discussion was had to allow members of the Committee who did not attend a brief period for their input after the meeting date (the surveys were provided via email on Friday 5/19 for input and feedback). Any significant changes will be brought to the committee prior to the release of the surveys in the coming week.

Motion to approve the surveys: unanimous

Nutritional content - The nutritional content for school breakfast and lunch, a la carte menu items and vending machines has been provided to the google team on Friday 5/19. There is no requirement within the legislation to take any action on these informational pieces.

The food service department is 100% in compliance with USDA regulations. No waivers have been filed by WCSD at this time for leniency in any area. This has had a cost to the program as a whole.

Mrs. Kelland asked about a waiver to ease in the standards using whole milk to skim milk as an example of a slow transition.

Mr. Flusser shared that the guidelines have been eased and flavored milk will no longer be required to be fat free but will be 1% milk fat. A little more fat in food means less sugar in actuality.

Mr. Rubin asked about the requirement to post nutritional information. Mr. Flusser shared this information is always available on the District website so we are in compliance.

Mrs. Kelland asked about the balance of nutrition vs. healthy eating and Mr. Flusser added what is nutrition? When the regulations become so strict that students refuse to eat the items and throw them away than they are getting NO nutrition.

Mrs. Kelland stated the fruits and vegetables are now less flavorful because of the desire to make them more durable. This also interferes with the ability to encourage health eating and is a trade-off.

Mr. Rubin asked about timers on the vending machines. Mr. Flusser confirmed that there are timers on the machines and they do work.

Mrs. Kelland asked about vending machines in the teacher lounges. These are not areas accessed by students during the school day and are outside of the purview of this Committee's work.

Scoreboards and advertisement - While pouring rights do exist the line that could be drawn between commercial sponsorship and commercial promotional could be difficult and expensive to draw. Additionally, the District has to be concerned with the USDA guidelines and General Municipal Law for purchasing and selling of any advertised products.

Mr. Jesman shared that Millbrook CSD has advertising placards all around their turf field. Mr. Knight asked how this is allowed. Mr. Jesman also indicated that simple thank you's go a long way. Mrs. Kelland agreed that overkill advertising can get to be a turn off and have the opposite effect.

For the Good of the Order - no items were discussed

Mrs. Crandall wanted to thank the Committee for their time this school year. Also, that survey results would be shared when they are available.

Motion to adjourn Mr. Rubin; seconded Mrs. Kelland 8:59am