 **District Wellness Committee Meeting Minutes**

**Feb. 16, 2016 3:45 – 5:30 PM**

**Copper Hill School ~ Special Services Conference Room**

In Attendance:

Kathy Kolvites (BS) Tommie Lou Judson (RH) Tim Teeling (Maschios)

Kathleen Barbee (FAD) Sharon Malzberg (JPC) Anna Fallon (BOE/parent)

Deborah Tyler (parent) Stephanie Voorhees (CO)

Bettyann Monteleone (SS) Kathy Scheffels (RFIS)

**Role of Committee** is to “make recommendations to the BOE to establish and maintain a school environment that promotes the consumption of nutritious foods in school, provides opportunities for students to engage in physical activities and provides health and wellness education.

**AGENDA ITEMS**

**OLD BUSINESS:**

**Sub-Committee Updates:**

1. Lunch & Learn Event at Feb. 12, 2016 District PD Day - Thank you to everyone for their role and assistance in planning, promoting and implementing this event!
   * Discuss positives
     + *200 people attended. Positive anecdotal responses have been provided. A more formal survey of responses is going to be collected.*
     + *A lot of participants did go up to the tables for more information.*
   * Review exit responses
   * Suggestions for improvement
     + *Additional massage chairs.*
   * Is event worth repeating? Revisions / suggestions to implement in future events?
     + *Local businesses should not be providing food- Jersey Mike’s got a free one up and other businesses were not provided this opportunity. In the future, use good judgment.*
2. Review of District’s Wellness Policy (revised March 2014)
   * *Mrs.Voorhees or Ms.Monteleone will get an update on the status of this item.*
3. Creation of an informational flyerthat summarizes benefits to staff members provided by our health insurance company (i.e. monetary reward for going to gym, etc.) (*Kathy Kolvites, Yvette Shangold, Karen Slagle)*
   * + *Gym reimbursement forms and directions all can be found on the website.*
4. Food Tasting during 2015-16?
   * + *March is national nutrition month. The food tasting is going to be Quinoa.*
     + *April the food tasting is going to be Babaganoush (eggplant, tahini, lemon).*
     + *Recipe tastings are open to everybody so extra care in regards to allergies is taken.*
     + *Broccoli has been in the cafeterias.*
     + *Some ideas regarding future tastings included the following:*
       - *Different kinds of burgers*
       - *Salsa tastings*
     + *If anyone has any other suggestions, email Mr.Teeling.*

**NEW BUSINESS:**

1. Updates on activities from School Wellness Committees

Desmares

-Has not met yet.

-Mr.Massa reported that March 17th is the Spaghetti Dinner and that the Brown Bag create a lunch program is coming up.

Copper Hill

- No updates

- Mrs.Ahmed emailed Copper Hill’s 2015-2016 Focus/Goals (see below)

Barley Sheaf

- Met on February 15, 2016.

- Kathy Kolvites provided the following information:

Wellness committee members- Andy Pfeifer and Sophia Colella have been sharing information about vegetables with fourth grade students on Fridays. “Friday Fun Food Facts”, in the cafeteria during fourth grade lunch, is a 2-3 minute discussion of some facts about a vegetable, such as how it can be prepared or what it tastes like and how it helps you be healthy. They then encourage students to try that vegetable and bring it for snack or lunch or try it from the cafeteria during the next week. So far, they have discussed carrots, peppers, and broccoli. On Fridays, it has been fun to see the students that are eating the last week’s vegetable hold up their vegetable to show their supports, while I introduce “Friday Fun Food Facts”. This Friday, the vegetable discussed will be Brussel sprouts, to coordinate with next week’s food tasting.

As February is traditionally known as Heart Health Month, the staff is participating in an 8 week “Heart Health Challenge”. Forty-three staff members, including teachers, administrators, playground aids, cafeterias workers, and teacher aids, are divided into teams. Each staff member has selected a heart health goal they will is important to them (nutrition, weight loss, exercise, sleep or stress management). They will aim to meet their daily goal for 20 minutes a day, for 5 days a week for the next 8 weeks, earning points for their team. Team captains are the members of our staff wellness teams- Chris Truncale, Suzanne Galletta, Stacy Colon, Cori Lango, and Tricia Marciano.

Robert Hunter

- Have discussed mindfulness training or yoga.

- Tamara Bariska would pilot a program.

JP Case

- met on February 2, 2016

- Bob Castellano, Sally Treonze, Julie Quagliato, Sharon Malzberg were present.

- Sharon Malzberg provided the following minutes:

- Discussed possibly early morning meditation class (*Suzy Guckin would be willing to do this)*

- Survey to be administered to evaluate interest.

- Discussed status of fitness lab.

- Available to staff after signing a waiver

- Location may move

- Discussed possibility of walking club for staff

- To incorporate interest in survey

- Discussed student complaints regarding cafeteria good.

- Sally will get feedback from students

-*Complaints about pizza from a student.*

- Ideas for newsletters

- Discussed staff’s interest in incorporating mindful meditation into a PD day.

- However, it does not meet the definition of high quality PD.

-Chef Day at Case.

- Chef Mike is open to suggestions.

RFIS

- Met on January 12, 2016.

- Ms.Scheffels provided the following information:

Students:

- Wanda solicited some students to provide feedback.

- Wanda will invite students who do not eat in the cafeteria to the next meeting.

Cafeteria:

- Cafeteria staff cannot limit the number of snacks in the computer system.

- Wanda is going to invite Mr.Teeling to the next RFIS Wellness Committee Meeting.

- Cafeteria management is working so that parents can see what students have purchased at lunch.

*If parents want to know what their kids are eating, Maschio’s get provide that information. A flyer indicating this will be sent out.*

Meditation Class:

- Spring Meditation class has not been confirmed.

- Wanda will update when class is confirmed.

Walking Club:

- Walking Club is confirmed

- Wanda will obtain written confirmation.

- Yvette will send email to staff

Student Flyer Tip:

- Ms. Conway will work on Healthy Flyer Tip

- Amy will incorporate Healthy Tips in her Health class and send to Yvette

- Flyer will possibly be distributed through virtual back pack, PTO, post on walls

Next meeting:

- May, 2016

1. Water bottle filling stations

Mrs.Voorhees reported that the Board agreed to pilot one water bottle filling station in every building. The first one will be at RFIS.

1. Additional discussion and questions:
   1. Why can the students not have soup?

- *Students cannot have soup because of the salt content.*

b. It is just a rumor that fruit is out of the jar.

c. Maschios was chosen for Department of Defense grant and with commodity money will be able to

provide fresh fruit and vegetables.

d. Health inspection- all schools received a gold star.

**Next Dept. meeting:** **June 7, 2016 3:45 PM at Copper Hill Special Services**

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| **District Wellness Committee**  **Meeting dates:**   * **Oct. 27, 2015** * **Feb. 16, 2015** * **June 7, 2016**   Copper Hill Special Services Conference Room  3:30 ~ 4:45 PM | District Staff:   * Karen Slagle, Chair \* Sharon Malzberg, JPC Nurse * Kathleen Barbee, FAD Nurse \* Yvette Shangold, RFIS Nurse * Tommie Lou Judson, RH Nurse \* Vanessa Ahmed, CH VP * Kathy Kolvites, BS Nurse \* Kathy Scheffels, PE teacher * Tim Teeling, Maschio’s Food Service Director   Parent:   * Deborah Tyler, FAD Parent   Community Partner:   * Sandra Grenci, Community Nutrition Partner, Rutgers Cooperative   **2015-16 Focus/Goals:**   1. Lunch & Learn Event at Feb. 12, 2016 PD day 2. Wellness Policy review 3. Food Tasting 4. School-Based Wellness Committee Activities |
| **Barley Sheaf Wellness Com.**  2014-5 Focus/Activities:  -Nutrition  -Physical activity  -Stress  Guest Speakers on:  Relaxation Techniques  Healthy lunches  Healthy dinners  **Meeting on Oct. 22, 2015** | BS Staff:   * Kathy Kolvites, Nurse \* Chris Olivo, Cafeteria Aide * Stacy Colon, Café. Aide Supervisor \* Barbara Whale, Cafeteria Aide   Parent:   * Beth Dendis * Andria Doyle   Students:   * Andy Pfeifer (4th gr.) * Sofia Collella (4th gr.)   BS Staff Wellness Sub-Committee:   * Kathy Kolvites, Nurse \* Chris Truncale, teacher * Suzanne Galletta, teacher \* Tricia Marciano, teacher * Dawn Golding, teacher   **2015-16 Focus/Goals:** |
| **Copper Hill Wellness Comm.**  2014-5 Focus/Activities:  -Indoor Walking Club  -Outdoor Walking Club  **Meeting date: Oct. 27, 2015** | CH Staff:   * Vanessa Ahmed, Chair \* Gina Loreti * Kelly Hoff \* Deb Hart * Sher DeGenova   **2015-16 Focus/Goals:**   1. **Chef it up afterschool program- students learn basic cooking skills and prepare various foods based on class theme.** 2. **Winter indoor walking club (7 laps= 1 mile)- poster is hanging in the foyer to reference; several staff members walk together after school.** 3. **Weekly taste tests for Special Education students to expand their repertoire of food (taste , texture, color, temperature, food group, brand). This has been incorporated into some students’ IEPS.** |
| **Frances A. Desmares**  **Wellness Comm.**  2014-5 Focus/Activities:  -grant for sunshade  -wellness survey  -partnership with Rutgers for parent/student programs  **Meeting: Oct. 22, 2015** | FAD Staff:   * Kathleen Barbee, Chair \* Lea Klein, teacher * Mark Masessa, VP \* Meredith Weil, teacher * Jill Goldman-Botwin, teacher   Parent:   * Mrs. Tyler * Mrs. Liszt * Mrs. Easley   Community Partner:   * Sandra Grenci, Community Nutrition Partner, Rutgers Cooperative   **2015-16 Focus/Goals:** |
| **Robert Hunter**  **Wellness Committee**   * 1. Focus/Activities:   -District Committee minutes  Goals  -Staff Wellness survey  -Playground Sunshade grant  -Smart Chefs afterschool program  -Brown Bag makeover  **Meeting date: Oct. 26, 2015** | RH Staff:   * Tommie Lou Judson, Nurse \* Emy Drew, teacher * Megan McPeek, teacher \* Jen Marino, teacher * Karen Matulay, teacher \* Caroline Foreman, teacher * Tamara Hoppe \* Jennifer Smits, teacher   Parent:   * Mrs. Mausert * Mrs. Gray * Mrs. Jainapur   Community Partner:   * Sandra Grenci, Community Nutrition Partner, Rutgers Cooperative   **2015-16 Focus/Goals:** |
| **RFIS**  **Wellness Committee**  2014-5 Focus/Activities:  -Healthy Husky Herald newsletter  **Meeting date: Oct. 21, 2015** | RFIS Staff:   * Wanda Quinones \* Amy Kucharski * Yvette Shangold \* Cathy Pecka * Kathy Scheffels \* Lizette Vilaragut * Megan Quattrochi \* Lori Ziminski * Aileen Marsh \* Lisa DeMuro * Robin Smith   Parent:   * Christine Reed   Student: Alexis Cantor (TBD)  **2015-16 Focus/Goals:**   1. Meditation Class (class not yet confirmed) 2. Walking Club 3. Student Flyer Tip |
| **JP Case**  **Wellness Committee**  2014-5 Focus/Activities:  -Wellness survey  -JPC Newsletter  **Meeting date: Oct. 15, 2015** | JPC Staff:   * Sharon Malzberg, Nurse * Bob Castellano, Principal * Megan O’Brien, Counselor * Julie Quagliato, teacher * Katie Lynes, teacher   Parents: TBD  Students: TBD  **2015-16 Focus/Goals:** |

***RFIS Wellness Committee***

***January 12, 2016***

***Minutes***

1. Students
   1. Students Alex Cantor and Nayson Fuller joined Wellness Committee
   2. Wanda will invite students who do not eat in the cafeteria to next meeting
2. Cafeteria
   1. Cafeteria staff cannot limit the number of snacks in computer system
   2. Wanda will invite Tim Teeling to next RFIS Wellness Committee Meeting
   3. Cafeteria management is working so that parents can see what students have purchased at lunch
3. Meditation Class
   1. Spring Medication Class has not been confirmed
   2. Wanda will update when class is confirmed
4. Walking Club
   1. Walking Club is confirmed
   2. Wanda will obtain written confirmation
   3. Yvette will send email to staff
5. Student Flyer Tip
   1. Ms. Conway will work on Healthy Flyer Tip
   2. Amy will incorporate Healthy Tips in her Health Class and send to Yvette
   3. Flyer will possibly be distributed through virtual back pack, PTO, post on walls
6. Next Meeting
   1. May, 2016