

District Health and Wellness Subcommittee Meeting  
November 10, 2016 – 3:30 p.m.  
Central Administration Building

Present for the Committee: Colleen Lawless, Mary Ellen Reed, Bonnie Hartung, Karen Reichers, Jamie Langilier, Ginger Marks, Mary Lou Sette, Sarah Blackwell, Jan Plaue, Barbara Weber, Ann Tefft, Keith Gauley until Supt. Conrad arrived at 4:00 p.m.

Call to Order

The meeting was called to order at 3:30 p.m.

Citizens Speak

None

Priority Business – Review and Update the Wellness Policy

Keith Gauley, Assistant Superintendent, shared the proposed changes by the Policy Subcommittee to the Wellness Subcommittee requesting consistency throughout the policy regarding Birthday Celebrations and Curriculum-based Events.

Ms. Reichers asked if the policy pertains to adults as well.

The Committee read the proposed changes in items #6 of the Wellness policy and removed the wording “will be required” as it was not necessary. (see single page with proposed changes in red)

Nurse Jamie Langilier inquired as to how this policy pertains to the culinary classes. Nurse Mary Ellen Reed suggested putting new language in Section 8 of the policy.

Moton: On a motion by Sarah Blackwell, seconded by Mary Lou Sette, it was voted unanimously, to approve the Wellness Policy with revisions made by the Policy Subcommittee.

Assistant Superintendent Gauley asked the Committee to divide up the policy to see if other changes were necessary. The committee reviewed the policy and suggested the following:

- Should always say meet and strive to exceed throughout the document
- #7. Page 5. Schools will not use food as rewards for good behavior or academic performance within the classroom.
- #8. Page 5. School-based fundraising activities involving food must meet nutritional standards to be sold for fundraising purposes.

Superintendent Conrad arrived at 4:00 p.m.

A discussion about the sale of fudge took place. The Superintendent indicated that he strongly opposes the sale of fudge during the school day or bake sales of any kind. He shared a story about a student being transported to the hospital after buying food that was sold at a bake sale in school. He indicated that he realized the fudge sales make a lot of money, but the District needs to be consistent with fundraising efforts. He also thought contracts were already in place for the fudge sales coming up and that the District might have to start this particular regulation in September, 2017. He also indicated that the Boosters and the PTA's are 501.3C's. They can sell what they want but the District does not have to allow the products in the schools. It was suggested that this type of fundraising have a pick up day on Saturday, like with the wreath sales at the Middle School and not have pick up during school. It was noted that Eddy School distributes their fudge at the end of the school day. The Superintendent stated this would be put in place right away – pick up not during school hours. If it was picked up at the end of the day, then it would go home unopened.

Jan Plaeue felt that selling candy or fudge is hypocritical. Superintendent Conrad wants the focus to be on keeping all kids safe. Passing this policy will be a big step forward. He suggested having conversations with the after school programs so that they are on board with the policy.

Superintendent Conrad indicated that parent forums are being planned and this will be one of the topics to discuss with parents. The District will also send out brochures and flyers for parents. The Policy will also be on line, in newsletters and on the Food Service website.

Nurse Karen Reichers asked if the policy strictly applied to students as they have a lot of faculty parties before and after school and food sits in the staff room all day. “Do as I say, not as I do” was her focus. She suggested, as leaders for the students, they perhaps should not have food either. Nurse Bonnie Hartung indicated that teachers at the Middle School have celebrations on their lunch break and do it responsibly. She does not want to say they cannot have a celebration amongst themselves. Ms. Barbara Weber felt that adults have privileges that children do not have. Superintendent Conrad indicated that students are not supposed to go into the faculty rooms and teachers should have ability to have privacy from students. It was the consensus of the Committee to allow the faculty to bring in food to the faculty room and not to bring food for celebrating back to the classroom.

Nurse Karen Reichers said that Eastham got push back from parents when they became a no food for birthday celebrations school. It was suggested that at parent forums the Superintendent will discuss the proposed changes. Teachers will send home letters. Principals can include in their newsletters. Flyers will go home. He suggested this would take about six months to get this into place with many reminders in various formats. Information could be given out at parent conferences. MCAS testing snacks needs to be healthy and include items such as fruit.

Ice Cream Sales – Superintendent Conrad addressed the perception that the ice cream that is being served is not nutritional. He indicated that Sue Murray and her staff are doing a presentation for the Joint School Committee showing the foods they are serving and the nutritional value.

Approval of Minutes

On a motion by Sarah Blackwell, seconded by Ginger Marks, it was voted unanimously to approve the minutes of October 20, 2016.

Adjournment

On a motion by Ginger Marks, seconded by Ja Plaue, it was voted unanimously to adjourn the meeting at 4:55 p.m.

Ann M. Tefft