

District Health and Wellness Subcommittee Meeting  
March 28, 2017 at 3:15 p.m.  
Central Administration Building

Present for the Committee: Colleen Lawless, Mary Lou Sette, Sue Murray, Allyson Joy, Ann Tefft and Superintendent Tom Conrad

Call to Order

The meeting was called to order at 3:24 p.m.

Citizens Speak

None

Priority Business

**Updates from School and the Director of Food Services**

Sue Murray, Director of Nutrition and Food Services reported to the Committee that there will be a new Nauset Food Service Website beginning in early April. She indicated that some of the features of the program include: live nutritionals, allergy information, interactive for parents so they can see what menus contain wheat, etc., can be viewed in a different language, great for giving the nurses carbs for diabetic students and has nutritional activities for staff and students.

Ms. Murray indicated as soon as it is ready, an email blast will be sent to all parents. As soon as the program goes live, it will email the menu to parents and also give them an App. It will be up-to-date with all the latest government regulations. It showcases the art work of a high school student who designed the logo.

**Goals for 2018-2019**

The Superintendent asked for volunteers to work on a subcommittee to revise the present policy so that it reads better. He indicated that we have sample policies from other communities and they just flow better than Nauset's which has been edited several times. He would love to have this done by the end of the year or at least by the beginning of the next school year.

Fudge Fundraisers – The Superintendent made it clear going forward that there would be no more fudge fundraisers in the schools. The goal was to work it out of the system beginning last fall, and likewise with the bake sales. He would like this area to continue to tighten up. With a new transportation contract in the future he is hoping costs will be less for field trips and Parent Groups will not have to fundraise so much money.

His goal for next year is to work on the fitness piece of the Wellness Policy. Perhaps teachers could use flex time or start later and leave early and offer fitness programs for students. He also mentioned that the students who get cut from teams because there is not enough room would have some type of intramural sport to play. He worked with the Recreation Directors to have

gyms open in the winter for students and parents to take advantage of on Sundays. He stated that fitness is a big piece of the Wellness Policy.

It was also noted that the social/emotional health piece should be brought into the Wellness Policy that includes self-esteem, media, and sexuality. He would like to see continuity in programs like Calmer Choice and Second Step. He informed the committee that a Mental Health Committee has been formed for the District with Dr. Ann Caretti sponsoring that initiative.

Joy Allyson reported on the BOKS program that she uses at the Eddy School that promotes Physical Education before school. Different schools across the Cape are using it and it offers free training. It is sponsored by Reebok. Anyone can run the program as they give you everything you need. Presently she has 40 students in the program.

### **Snacks around MCAS testing**

The Superintendent asked the committee how they would like to handle snacks around testing. He referred to brain research and how fresh fruits are the best snack when students are testing. Sue Murray indicated that some schools order fruit through the cafeteria. The Superintendent would like to stay away from parents bringing in food for the schools. Joy Allyson mentioned that the students love fruit and really enjoyed the Apple Crunch Day.

Allyson Joy and Sue Murray volunteered to work on the Policy. He will give them a charge at the next meeting.

The meeting adjourned at 4:00 p.m.

Respectfully submitted,

Ann M. Tefft