

District Wellness Committee Meeting  
April 5, 2016  
Central Administration Building

Present for the Committee: Colleen Lawless, Mary Ellen Reed, Claudia Cope, Bonnie Hartung, Allison Joy (PE Teacher), Tonia Donovan (1<sup>st</sup> Grade Teacher), Suzie Schwebach (E.A. Nauset High School), Michelle Ayochok, Susan Murray, Ann Tefft, and Thomas Conrad, Superintendent

### **Call to Order**

The meeting was called to order at 3:30 p.m. by Susan Murray, Director of Nutrition and Food Services.

### **Citizens Speak**

None

### **Priority Business**

District Wellness Day, Thursday, April 28, 2016 –

Each school indicated what they would do to celebrate the District Wellness Day.

High School – Health Fair in Cafeteria with Barnstable County nurses. Michele Ayocok is displaying healthy foods.

OES – Looking at doing Zumba school-wide.

WES – Health Fair – 5-7 p.m. with the kids. They have a lot of vendors and kids will go through with a passport that is provided. In the end, passports get put into a raffle. This was modeled after the Orleans Wellness Fair.

MS – Barnstable County nurses will be coming to the Middle School and give safety and Lyme's disease programs. The PE teacher will be doing some physical activities – dance program.

Eddy – Lisa Conrad and Allison Joy are planning events. Lisa Conrad will talk to kids about a healthy lifestyle and then the whole school will have a fitness assembly – dance as a school.

Stony Brook – Children will begin the day with a walk to school. The cafeteria manager is coming up with some healthy ideas for foods and the PE teacher will be doing something with the school.

### **Policy Update**

Superintendent Conrad indicated he would like to move forward with wording for a policy. He would like to remove the John Stalker-A List from any of the verbiage. He would like Nauset to create their own lists as they have done in the past.

Tanya Donovan felt students should be taught portion control and celebrate with a healthy snack. One birthday celebration per month was not a good idea.

The Superintendent stressed that the committee should know what their core values are – how do we improve student learning? We must keep our sons and daughters healthy and safe at school. There is a balance and to what degree can we move in either direction and feel comfortable. This cannot be on the backs of the nurse who are responsible for checking the food.

Mary Ellen Reed, thought the wording about not bringing food for birthdays and allowing it for other celebrations sent mixed messages. Food that comes in unexpectedly is usually not a healthy food choice.

Tanya Donovan felt the phrase, “no unannounced foods can be brought to the classroom” and everyone would get on board with that. Teachers will help and support a balance.

Claudia Cope-Crosen suggested getting the word out at Kindergarten screening and begin to shift the mindset.

Mary Ellen Reed mentioned that with a birthday snack, it encourages the child to walk around the building with friends distributing snacks to former teachers and staff members. OES wellness committee tried to stop this and she received a lot of push back from teachers. She even heard from some parents.

Members brainstormed how to get the word to parents about a once a month celebration. How would the date be picked and would parents remember? It was suggested by Allison Joy to have celebrations on the child’s PE day, which would remind parents easily. She suggested teaching them everything in moderation and to counter balance what they eat with an activity.

The Superintendent suggested the nurses use the collaboration day to talk with teachers and take advantage of reviewing action plans for students. He suggested they use this day to help themselves.

Bonnie Hartung indicated that each school could be slightly different. She said as the kids get older, there are not really birthday celebrations. You just can’t put the MS and HS with the elementary schools but sees the need for consistency across the board.

Sue Murray mentioned fundraising in the absence of Jamie Langelier.

Superintendent Conrad stated that he is concerned about unannounced food coming into school at every level. You don’t know what is in the food. The key to the policy and adhering to it will be to hit it on the first day, not mid-way through the year. Whatever we do, inform staff, administration, students and parents of how this will be handled. He also felt it could be an issue with some teachers and that it will not be consistent. He would like to move forward with some level of safety. It was suggested he notify staff and parents of changes in the policy as it is good

to come from the top. He also stated that there is a need to be consistent for everyone. If parents don't follow the rules, the food cannot be accepted.

To review:

Before bringing food to school for a celebration – the parent must contact the teacher 48 hours in advance to bring something to the class. The Teacher will forward the request to the school nurse and indicate to the parent that the food brought into the building must be checked by the school nurse. The school nurse will approve and check the food. The classroom Teachers' responsibilities include: allow no unannounced foods to be brought into the classroom. Ensure no food rewards in the classroom, unless food is part of an IEP plan and be familiar with, and be prepared to act on allergy actions plans for your students.

Fundraisers were mentioned, especially the sale of fudge, and the Superintendent indicated that this is something we should not stand behind. Sue Murray indicated that the USDA is starting to make schools responsible and hold them to their policies. Eventually you will see a financial action against schools that violate the policy. A discussion about 5013c's ensued. It was the thought that PTA's could sell items 30 minutes before and 30 minutes after the school day but not during the school day. Food being sold on campus was discussed. The Superintendent indicated that the Eddy School made \$6,600 selling fudge. This item was tabled for the next meeting. He suggested members of the committee go back to their schools and see what is being sold.

A new section of the wellness policy will be drafted for the committee to review. The subcommittee will meeting again to formalize it. It will then be sent to the Policy Subcommittee and to the School Committee for first and second readings.

The meeting adjourned at 5:02 p.m.

Ann M. Tefft