

Wellness Committee Meeting Agenda

Date & Time October 26, 2022
3:45 pm

Location HS B-2

Committee Panel Jamian Rockhill, Committee Co-Chair
Megan Johnson, Committee Co-Chair
Drew Giaquinto, Wellness & Nutrition Advisory Liaison

Attendees

<input checked="" type="checkbox"/> Scott Stowell	<input checked="" type="checkbox"/> James Bigley	<input checked="" type="checkbox"/> Jacob Hardy
<input checked="" type="checkbox"/> Patricia Howard	<input checked="" type="checkbox"/> Andrew Giaquinto	<input checked="" type="checkbox"/> Michelle Arreola
<input checked="" type="checkbox"/> Jamian Rockhill	<input checked="" type="checkbox"/> Margaret Healy	<input checked="" type="checkbox"/> Michael Bennice
		<input checked="" type="checkbox"/> Megan Johnson

Next Meeting November 30, 2022 @ 3:45 pm in HS B-2

Wellness Committee Mission

To provide our students, staff, and community with the support and resources to lead balanced and healthy lifestyles.



Agenda

Name	Topic	Resources
Jamian Rockhill, Megan Johnson, Drew Giaquinto	Introductions, mission statement and charge of the wellness committee	
Scott Stowell Director of Dining Services, Chartwells James Bigley and Patricia Howard, Consultants	Food service update - consultant review of menus, kitchens, posters, line flow	
Jamian, Megan	Update on health education curriculum (elementary and secondary)	<ul style="list-style-type: none"> • NYSED School Health Education Req Summary
Jamian, Megan	Review of current wellness policy (last adopted Nov 2019)	<ul style="list-style-type: none"> • Current SG Wellness Policy • NYSED Local Wellness Policy and Assessment
Jamian, Megan	Preliminary goal setting for 2022-2023 based on current policy	<ul style="list-style-type: none"> • Developing SMART goals
Jamian, Megan	<i>Info Gathering:</i> What do other district wellness policies look like? Is there anything we are missing, need to refine, or need to update?	<ul style="list-style-type: none"> • USDA Local School Wellness Policies • CDC School Wellness Stories • Example Wellness Policy • NYSED Policy Assessment Tool

Notes:

Scott -

- Nutrition education
 - sitting with students during lunch
 - visited elementary schools
 - added items to increase participation
 - giving students more options
 - will be joining with the HS student council in the next few weeks
 - provide nutrition information to the units - staff loves decorating and creating bulletin boards
 - new nutritional analysis program
 - MenuWorks
 - cleaner, crisper presentation
 - includes prices and menu options
 - had a few days when free meals were offered during national schools meals week
 - counts did go up
 - another full week of free meals will be offered in November and December (just lunch)
 - perhaps we could offer a free breakfast during national breakfast week

- federal subsidy for all FRPL has gone away
- we cannot make students pay for school meals - we rely on the offices to contact parents
 - To date, we have \$4764 in debt

Patricia

- HMB Consultants
 - liaison between the district and food service
 - in order to be a reimbursable meal, students need to have certain components to their meals
 - assists with policies and protocols to be in compliance with USDA and NYSED
 - health inspections
 - audit serving lines and the time it takes for students to eat
 - elementary schools have moved to breakfast in the classroom
 - grab and go carts
 - middle school and high school
 - breakfast is served until 9:30am but students are not able to bring breakfast into homeroom or classes. This means we have fewer students who are able to eat breakfast at the secondary level.
 - Drew: perhaps we could do a pilot?

Health Education

- Secondary
 - Working toward alignment with the national and NYS standards
 - PE: hands-only training in CPR for 12th grade
 - Michelle: stop the bleed training...could be part of a seminar or whole group presentation with hands-only CPR
- Elementary
 - PE teachers writing curriculum and passing to elementary teachers

<p align="center">Policy Review Wellness Policy Comparison Document Nov 2022</p>		
Name	Policy Item	Deadline
Megan	Review and compare policy themes: Nutrition Education	Next meeting, November 30
Jamian Mike	Review and compare policy themes: Physical Activity	Next meeting, November 30
Scott Patricia Jim	Review and compare policy themes: Standards for USDA Child Nutrition Programs and School Meals	Next meeting, November 30
Maggie Jacob Vending machines Fundraising Game Night	Review and compare policy themes: Nutrition Standards for Competitive and Other Foods and Beverages	Next meeting, November 30
Michelle Megan CAPTAIN Community Service	Review and compare policy themes: Wellness Promotion & Marketing	Next meeting, November 30