

District Wellness Committee - Meeting Minutes

Wednesday, April 8, 2015, 3:45pm in the Library at the High School

Present: Carolyn, Theresa, Barbara P., Tracy S., Eileen M., Doris D., and Jesse M.

1. Review of the Individual Policy Assessment by Component:

- **Component 1: Nutrition Ed:**
 - 1F – Integrate nutrition into curriculum? Tracy noted that it is a difficult question to answer as how can we know if every teacher integrates nutrition into their curriculum.
 - 1G – Is our staff trained appropriately in nutrition? Do we need to offer training for staff members?
- **Component 2: Physical Activity:**
 - 2D – Need opportunity for ALL students to have physical activity every day. PE not offered to juniors and seniors. Some sports are “no-cut” and open to all students: track, swimming, etc., would provide opportunity for activity. The CDC recommends that HS students have PE every day.
- **Component 3: Nutrition Standards:**
 - 3Cii: The schools do a much better job offering nutritional food options during the school hours. The problem comes from after school activities that are non-district activities. The people running these activities probably not aware of our policy/standards.
 - Should we offer the ServSafe training to students so they can have a leg up when seeking food prep and food service jobs? Or what about the people that work in the food stand at sporting events, should they be ServSafe trained? Doris is certified to teach the certification for ServSafe; however, it does cost \$40 per person.
- **Component 4: School Environment:**
 - 4Bii: There is not enough time for students to eat breakfast and in some cases lunch. Moharimet has so many students that they have a difficult time getting all of the kids through the line in a timely manner.
 - 4Cii: Need more after-school activities for students to be active like Girls on the Run. Maybe we could have a 4:30pm bus that picks up at the elementary schools only, allowing us time to offer some type of activity for the students after school.
- **Component 5: Evaluation:**
 - 5A and 5B: We talked very briefly about need to address the way to measure the policy and who is ultimately responsible for overseeing and ensuring compliance. The Principals are responsible for ensuring compliance. How can we make sure this is happening?

2. **Student Representation on the Committee:** Jesse noted that it is a Federal Law that there be a student representative on the Wellness Committee. It was mentioned that maybe the guidance department or nurses might know of student(s) that would be interested.

- **Next Meeting:** Wednesday, May 6, 2015 at 3:45pm in the High School Library.

Minutes respectfully submitted by, Theresa Proia