

Wellness Committee  
Meeting: 2/5/08

Members present: Phylis Hagen, Charles Pegan, Tina Winslow, Jennifer Harp, Judy McCord, Sue Benson, Barb Weingart, Jennifer Osborne-Coy, Nancy Walker, Mark Sissel

The current balance in the Wellness Committee account is \$250.00.

A catalog was passed around showing examples of items to give out for National Breakfast Week, March 3 – 7, 2008. It was decided to purchase bookmarks and stickers. It was mentioned that maybe the cafeteria could provide apples to the classrooms around 10:00 am the week of March 3.

Mr. Sissel stated that he just got out of a meeting concerning the weight room where the coaches were involved and asked if any of the coaches were involved in the Wellness Committee because the Wellness Committee and the Weight Room should go hand in hand. The response was that the committee is open to anyone that would like to be a member. Also, the time we have the meetings do not always work well for the coaches.

Mr. Pegan stated that by February 25th the pop machines in the lobby should be gone. It is our understanding that the water and Propel will remain where they are in the main lobby. Gatorade will be in the area across from the gym.

Jennifer Osborne-Coy announced that the Community Ed. would be sponsoring a Yoga-Polatti class in the Cafeteria Annex starting in March. It will be from 6:30 p.m. to 7:30 p.m. The cost of the class can be covered through Blue Cross.

Mr. Sissel asked if the Health Teachers were involved with the Committee. The response was that Jake Hitchcock has been in attendance at some of the meetings. Mr. Hitchcock's and Mr. Crawford's classes participated in a taste testing of some food items that were provided to the school from Bob Richmond. Some of these food items will be given out to the Board members and who else is in attendance at the February 11th Board meeting.

The presentation that will be given to the Board at their February 11th meeting was reviewed by the Committee. Some items that were discussed:

- If the Head Cook is a member of the School Nutrition Association, then the school would be eligible for grants for the cafeteria to provide healthy choices for students.
- It was mentioned that a nutritionist from WCA has offered to come in to assist with the menus. The dietician from WCA came in September to meet with Clara and Judy McCord to discuss cereal products in regard to the amount of sugar and fiber in cereals. Clara had requested the meeting.
- Also, that someone with nutritional background could come in to help plan the menu
- Hire someone with a 2-year degree in nutrition or dietary background.
- The school store was mentioned and it would be nice to have the food items provided by the cafeteria

- Consider adopting the cafeteria as a classroom model. Mrs. Benson mentioned BOCES has come to our school in the past to offer presentations of how to handle issues in the cafeteria with cafeteria staff.

Mr. Pegan stated that Mr. Holbrook has been talking with a retired inspector from the State that would go into the cafeterias and inspect them and the menus. The retired inspector has stated to Mr. Holbrook that WACS has always passed in nutritional value. Mrs. Weingart responded that NYS got a D+ on nutrition report card. This was reported in an independent study.

Mr. Pegan stated that the school store has had only one meeting and another one was not scheduled.

Sue Benson mentioned that she has a video-Cafeteria Discipline Positive Techniques for Lunchroom Supervision. Sue has not previewed the video, but will when she is able. Possibly this video could help the cafeteria in offering techniques that could be used in the lunchroom.

It has been discussed holding an information night before school starts to fill out forms, ask questions, etc. for parents. Childcare could be provided and a possible door prize for parents who come and fill out school forms before school starts. Forms for free or reduced lunch would also be included for the parents to complete if they so wish. Questions parents have regarding the forms could be answered. Staff would be available to answer any questions.

Another suggestion was to organize a cafeteria council made up of kids to get feedback to the cafeteria.

It was mentioned that a vegetable tray is available from the cafeteria if a classroom or department would like to order one.

It was emphasized that some students only get two meals a day and that is from the school. Sue Benson will check into providing breakfast and lunch at school during the summer months. There are some schools in Jamestown that provide meals to kids during the summer. Mrs. Hagen mentioned that the Soup Kitchen in Westfield also provides lunch for the community members.

It was mentioned that vending machines could be purchased and filled by the school in order to provide students with healthy snacks. The cost of vending machines are around \$3,000 to \$4,000. At Chautauqua Lake, there is a worker that is in the cafeteria that is there to provide the students with sandwiches, fruit and drinks after school. Also, Southwestern School has a thank you but no thank you basket for food items that students do not want that go with their lunch (such as apples, oranges etc.) These are possible suggestions to be considered and talked about with the cafeteria.

The next meeting will be March 5 at 3:30 p.m. – Location TBA.