

Wellness Committee

Meeting minutes: March 12, 2008

Members Present: Clara Winkelman, Barb Weingart, Kathy Archer, Ellen Gerould, Sue Benson, Al Holbrook, Judy McCord, Jenn Harp, Ann Gollnitz, Tina Winslow, Mark Sissel, Phyllis Hagen and Nancy Walker

Barb Weingart reported that the presentation went well at the Board meeting on February 11, 2008. Samples of food items and smoothies were provided to the Board and audience. Thanks to Jen Osborne-Coy who created the PowerPoint presentation.

The Ad Hoc Cafeteria Committee has been created. The committee will be searching for a replacement for the Head Cook. Clara Winkelman is working with Snapple and would like to have it available in the building.

At the present time, we have \$80.00 in our account. We ordered bookmarks and stickers for the elementary students for National Breakfast Week.

It was suggested that May 17 would be the day for the Walk/run and it was noted that it was the same day for the Union Relief Golf Tournament.

The Westfield Rec. department, YWCA, Better Baked Foods and WACS will be participating in the Kick Off Fling Spring into Wellness Challenge in Westfield. The challenge will run for four weeks (May 17 – June 14). Packets will be compiled (instructions, maps, resources and websites) for all participants and pre-registration is encouraged. Westfield Recreation will cover the liability insurance. Nancy Walker is in charge of registration; Abby Cardy will be contacting sponsors for T-shirts and the rec. commission will be in charge of data collection. An article will be run in the newspapers and on cable as well as a sign placed in Moore Park.

Barb Weingart reported on a grant. The grant application has to be in by March 24, 2008 for the refrigerated vending machine. The vending machine has to be purchased by June 30. There is \$2000 available through the grant. The middle school student government advisor, Molly Anderson will be approached to see if they are interested in donating money towards the purchase of the vending machine. It was noted, we need approval from the Board before asking for donations in the community. The responsibility of the vending machine would be between the student government and the cafeteria. It was noted that Parent Connection is willing to donate money to the vending machine fund.

Kim Griner, from the Hospital is willing to help with the nutritional information. She charges \$35.00/hour but is willing to reduce the cost since it is a school function.

The School Health Index was filled out in 2005 and needs to be filled out again. Barb Weingart, Jenn Harp and Judy McCord will fill the information out. The committee will receive it at its April meeting to look over. When it is completed, we get \$250 to put into our account.

Jenn Harp mentioned that her class will be participating in 24/7 Let's Go – This includes staying fit activities and staying healthy; She will be ordering some information and will work with the physical education department on this program.

Barb Weingart mentioned the Univera Healthcare Fun 28 Fit program for grades 2-4. There are recipes, activities etc. to try. She will look into the school possibly trying this.

Kathy Archer mentioned that CLCS has a healthy vending machine and the cafeteria stocks it. They make approximately \$30 - \$50 a day and the funds go back into the cafeteria. The machine is located outside the cafeteria in the hallway.

There was some discussion on the two drink vending machines that we currently have. It was thought that one vending machine was to go to the girls' basketball team and the other to student government.

Clara Winkelman passed around wrappers from possible snack items that may be sold in the cafeteria (fresh apple slices in a bag which has a 2 week shelf life and costs \$.27). Sysco has a brand that is available. Also, she had popcorn mini cakes that may be an item as well.

The next meeting is April 8 at 3:30 pm in the high school library.

**Please note:** Nancy Walker just got back from a meeting on the Spring into Wellness Challenge and the date for this has been changed to May 10 instead of May 17.