

FLEMINGTON-RARITAN REGIONAL BOARD OF EDUCATION

Wellness Committee Meeting

June 4, 2014

MINUTES

The Wellness Committee Meeting was held in Room D111 at 4:15 p.m.

Attendance – See attached sign in sheet. Meeting notes will be taken on a rotational basis.

1. **Stephanie Voorhees** opened the meeting with an introduction and handed out individual notebooks.
2. **Kathy Schilder** – Review of Legal Requirements. Kathy is still waiting on guidance from the State. Mrs. Behn (Board Liaison) will report back to the Board.
3. **Stephanie Voorhees** – Review of Roles and Objectives of the Committee - Stephanie noted the meetings should last about one hour. She noted that this is a voluntary committee and there will be scheduling challenges. Attempts will be made to schedule during contracted hours. If the meeting is scheduled outside of contracted hours, it will still be considered voluntary. If the building rep cannot attend, they will seek a temporary replacement.
4. **Kathy Schilder** – Lunch Menu Survey – The results of the survey were reviewed.
5. **Kathy Schilder** - School Health Index – Counseling services, Nutritional Services and Staff Wellness were identified as areas in need of improvement.
6. **Stephanie Voorhees** – Addressed Ad Hoc Committee comments.
7. Review of individual building Wellness Committees.

Barley Sheaf – See handout.

Robert Hunter – Focus on staff wellness, stress reduction and breastfeeding. The committee will be doing a staff wellness survey among the staff. Highlights are family/community connection regarding nutrition, ie, education, Maschio's chef and PTO events. Potential barriers to overcome: Scheduling time to do extra programs, look for creative opportunities for scheduling.

F.A. Desmares – The suggestion was made to expand the Wellness Champion Program districtwide, along with PTO clubs.

Copper Hill – A survey was given. Staff wellness will be the area of focus. An introduction of new foods in the Autism program will also be addressed.

Reading Fleming Intermediate – Focus on staff wellness. The school will do a survey in the fall. Kathy Scheffels shared the cafeteria observations.

J.P. Case - There is a need for parent education and parent connection. This seems to be a common thread among all the schools. The Committee did brainstorming so they can be more organized for the fall. They will also look at an introduction of snacks in the classroom. The Committee would like to provide information to staff about wellness and fitness options such as: create after school physical activities to offer students who do not participate in after school sports, staff wellness fair, using DEAR period for scheduling use of social media to spread wellness information.

Action items for schools:

A list of interested parents needs to be generated for all schools. Deb Tyler will give the building chair names.

Staff surveys should be shared with the district level Wellness Committee.

8. School Lunches – Maschio's - Implementation of Timeline
2014 – Looking at sodium levels and portion sizes. Breakfast must have a fruit or vegetable component. Must be 100% whole grain products. Smart Snacks first ingredient must be a fruit, vegetable, whole grain or dairy.
9. Resources available to the district:
Participation of Maschio's or the Wellness Committee.
Maschio's is requesting:
 - Clear district directions from the Board (Should be the same at all district schools, divide K-4. 5-8)
 - Define where Maschio's responsibilities begin and end.
 - Risk Reduction – Food tastings (proper preparation), they can provide the food which will be served in the cafeteria not in the classroom.

10. Next Steps:

- Individual building chairs take information from today's meeting and share with the Building Based Committee.
- An addendum can be added to the Food Service contract. A change form needs to be submitted to Maschio's. This addendum can grow and change.
- Look at the Adhoc Committee recommendations for the top three area's to change and give the rationale. Report this to Stephanie Voorhees by 6/11/14. The top priorities will be put into the addendum that is agreeable to the Board.

Respectfully submitted,

Tommie Lou Judson
School Nurse – Robert Hunter

DISTRICT WELLNESS COMMITTEE

JUNE 4, 2014

SIGN-IN SHEET

[illegible]

BS Wellness Committee

Meeting 5/28/14

Attendees: Kathy Kolvites, Cindy Povall, Stacey Colon, Linda Gemma, Chris Olivio, Katia Tempalsky and Barbara Whale. Minutes by K. Kolvites.

A. General suggestions for improvement in school lunch program-

No sporks- Sporks are flimsy and make eating of most foods too difficult. Students use up a lot of time trying to eat with the spork, or give up and either don't eat or use their fingers. Foods such as lettuce were impossible to eat. Plastic forks/knives and spoons need to be provided that are strong enough to cut, or spear food.

Easy access to food- All foods need to be easy to open, cut and eat. For example, the pump catsup is too hard for grade one students to pump. The mozzarella stick packages are too hard to open. Whole oranges take too long to peel. The pre-sliced apples are popular and easy to eat. Canned fruit is very popular. Can canned fruit in 100% fruit juice with no added sugar/concentrated fruit juice be provided?

No salad bar for elementary school- In the past, it was noted that salad bars are much too time-consuming for elementary lunch periods. It is also unsanitary as students will touch food, pick it up with their hands, and put foods back if they decide they do not want it. Student also made poor choices (bacon, cheese and crotons with dressing on top). Portion control was also a big issue.

B. General comments about our food service and food service staff- Our food service staff is always friendly, smiling and helpful. The food is very attractively displayed. Students are encouraged to take fruit and vegetables. Fresh fruits and vegetables are served very day. Water is available in the cafeteria.

C. Additional Comments/Recommendations-

- No snacks for grades kindergarten and one- there is not enough time
- Keep snacks for grades 2-4 with district "rule" that students must eat at least ½ of their lunch before being allowed to buy a snack
- Frequently remind parents they can prevent snack purchase by their child through food service website
- Ranch dressing is popular- other dressings need improvement in taste
- Add soups to menu for grades one and up for most of school year

- Menu choices need to be foods kids want to eat, otherwise most of it is thrown out. Dominoes pizza, hot dogs and chicken nuggets are popular and are eaten with little waste. Kale salad is thrown away- kids say it is too bitter. Ninety percent of fruits and vegetables are thrown away.
- Keep flavored milk. Kids like it and drink it.
- If organic food is to be offered, can lunch be provided at the same the cost as non-organic?

SCHOOL WELLNESS POLICY COMMITTEES

* Chairperson

~ Parent

:-) Student

District Rep

Barley Sheaf

Kathy Kolvites *#
Cindy Povall
Stacy Colon ~
Linda Gemma ~
Chris Olivo ~
Katia Tempalsky ~
Barbara Whale ~
Danielle Martini

Robert Hunter

Tommie Lou Judson *#
Megan McPeek
Liz Ashey
Pam Kelliher
Karen Matulay
Emy Drew
Jen Marino
Sarah Fontanez
Claudia Gray ~
Becky Hutto

Frances A. Desmares

Kathy Schilder *#
Michelle Mallory
Meredith Weil
Jill Goldman
Lea Klein
Mrs. Liszt ~
Mrs. Tyler ~ #
Mark Masessa

Copper Hill

Deb Hart
Kelly Hoff *#
Gina Loreti
Vanessa Ahmed
Kevin McPeek

RFIS

Ruth Ostenso *#
Cathy Pecka
Robin Smith
Lisa DeMuro
Aileen Marsh
Lindsey Culcasi
Michael Santagata
Lizette Vilaragut
Lori Ziminski
Christina Greaves
Megan Quattrochi
Kathy Scheffels #
Amy Kurcharski

JPC

Sharon Malzberg *#
Ryan Stevens #
Sally Treonze
Colete Bail
Julie Quagliato
Sue Allen - Maschio's
Grace Little :-)
Genevieve Enasz :-)
Emily Bill :-)

DISTRICT WELLNESS COMMITTEE

Kathy Schilder *

Stephanie Voorhees *

Kathy Kolvites

Tommie Lou Judson

Kelly Hoff

Deb Tyler

Ruth Ostenso

Kathy Scheffels

Ryan Stevens

Sharon Malzberg

Robin Behn

Anna Fallon

Ken Torchia

Sandra Grenci

FAD - Nurse Co-Chair

BA Co-Chair

BS - Nurse

RH - Nurse

CH - SP

FAD Parent

RFIS - Nurse

RFIS - PE

JPC- Ath. T.

JPC - Nurse

BOE

BOE

Maschio's

Rutgers - Community

6/6/2014