

Minutes of the January 28, 2019 Salisbury Central School Wellness Committee Meeting

Present: Stephanie Magyar, Sue Bucceri, Kat Bucceri, Michelle Valencia, Janet Hodgson, Millen Murray, Jenni Hill, Karen Lundeen, Donna Begley, Carol Hackett

Meeting called to order by Stephanie Magyar at 3:30pm

Stephanie has formed a sub-committee of the Wellness Committee made up of approximately 12 middle school students. She has met with them three times to date. The students like the idea of a wellness week in March or April that would also be a spirit week. They liked the "Eat a Rainbow" idea and doing a K-8 team activity during the week. They asked that the team activity be something like a scavenger hunt.

Plans for the wellness week were discussed. Michelle Sisk has volunteered to lead a kick-off all school assembly on Thursday, March 21st followed by 5 days of taste testing in the cafeteria during lunch. The taste testing will be held on March 22, 25, 26, 28, and 29. No tasting will be done on March 27 due to the 12:10 dismissal that day. That will be the day for the K-8 team activity. Janet will procure the fruits and vegetables for the tasting through the cafeteria. Mary Cadman will be consulted regarding fruit/vegetable allergies and what items to avoid. Each day, students that try the sample fruit and/or vegetable will earn a sticker which they will apply to the blank rainbow on the cafeteria bulletin board. The goal will be to complete the rainbow by the end of the week.

Stephanie collected nutrition curriculum information from the teachers and confirmed that the scores recorded for that section of the Wellness Policy Implementation Assessment were correct. The assessment results will be posted on the school website and the Wellness Policy language will be updated.

Karen Lundeen, Jenni Hill and Carol Hackett are working together to make plans for the school garden. The current garden is in a bad spot due to flooding after it rains and its inaccessibility to the middle school students. They would like to move the garden to a spot that would be more central to campus where students from both buildings can work on it together. There is still Garden Club money available to help with this move and to build a fence for the garden in its new spot. They are exploring the idea of creating a kitchen garden with herbs and greens in the courtyard for easy access by the kitchen staff.

The Lead Team will work on drafting a school/classroom celebration policy to incorporate into the Wellness Policy. Once this and other updates have been made, Stephanie will share the draft of the policy with the Wellness Committee members and the BOE for their review.

The meeting ended at 4:34 p.m.

The next meeting is scheduled for Monday, February 25, 2019 at 3:30.

Respectfully submitted by Sue Bucceri.