

Minutes of the February 25, 2019 Salisbury Central School Wellness Committee Meeting

Present: Stephanie Magyar, Sue Bucceri, Kat Bucceri, Michelle Valencia, Janet Hodgson, Millen Murray, Jenni Hill, Karen Lundeen, Matt Janco, Carol Hackett, Michelle Sisk, Nic'Cole Lambert-Talhaoui, Elizabeth Schaufelberger

Meeting called to order by Sue Bucceri at 3:32pm

Sue invited the committee members to give their feedback regarding the proposed changes to the Wellness Policy, including the addition of the celebration language. This version will be presented to the BOE for a first read at tonight's regular BOE meeting.

Plans for the wellness week were discussed. 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. The middle school students shared a list of suggestions for fruits and vegetables that could be served for the tastings. Janet will look at price and availability and pick three items for each day including at least one fruit and one vegetable. Mary Cadman will be consulted regarding fruit/vegetable allergies and what items to avoid due to allergies. The food colors will be red, orange, yellow, green and blue/purple/black. The middle school students will create posters to put up around school to encourage students to dress in the color of each day's fruits/vegetables. Wellness Committee members will come in during the lunch periods to assist with the tasting, stickers and tickets.

Students that taste each day's featured fruit/vegetable will earn a sticker that they can use to complete the bulletin board rainbow. They will also earn a ticket for each sample they try which they will place in a collection can for their grade level that will go toward earning a prize at the end of the week. Each day the tickets will be counted and each grade level's participation percentage will be posted on the bulletin board for the next day. At the end of the week the elementary grade level and middle school grade level with the highest rate of participation will be awarded the prize of an extra recess.

On March 27th the K-8 Field Day teams will do a Taste the Rainbow activity. Each team will be given a Taste the Rainbow kit which they will use to create an edible piece of art which could be a rainbow or something else. During the activity they will learn about the fruits/vegetables in their kit, make a piece of edible art which they can eat with their lunch and learn some new exercises. Michelle S. and Nic'Cole have volunteered to purchase the ingredients for and assemble the kits for this activity. Kat will design a notice to go home to parents to let them know about the Wellness Week activities. Carol and Matt will work together to compile some exercises that the students can try as they create their edible art. Sue will contact the newspaper to let them know.

Stephanie talked about the Community Partnership meeting on March 28th from 5:30-7:30 p.m. The Wellness Committee is one of the topics on the agenda for that night. She will invite some of the middle school students to give a brief presentation about the Wellness Committee and what we do. It was suggested that each table of attendees could participate in an activity similar to what the K-8 teams did the day before. Some slides will

be put together to show what the committee does. Stephanie encouraged anyone who is interested to sign up to attend the event.

Karen Lundeen, Jenni Hill and Carol Hackett gave an update on their plans for the garden. They are working on ideas for the kitchen garden in the courtyard. They will work with Janet to decide on what will be planted. Grow labs will be set up in the cafeteria to start plants. Carol will work with middle school students to design the layout of the garden. The idea is to start with containers so that plants can be moved around if they need more or less light. Karen wants to keep the kindergarten involved with their own garden so they can continue to work with the community volunteer who comes to school to work with them. That garden could be where the current garden is. There was discussion about having SCS families sign up to tend the garden for a week during the summer. They would be allowed to harvest from the garden during their week.

Janet reminded everyone that March 4-8 is National School Breakfast Week.

There was discussion about planning a spring hike like we've done in the past. The tentative date of May 10th was chosen. The hike will begin in the late afternoon and be followed by a dinner served in the courtyard. Kat will do the planning and Janet will do the dinner. Elizabeth volunteered to help out.

The meeting ended at 4:45 p.m.

The next meeting is scheduled for Monday, April 29, 2019 at 3:30.

Respectfully submitted by Sue Bucceri.