

Minutes of the January 7, 2019 Salisbury Central School Wellness Committee Meeting

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

Meeting called to order by Stephanie Magyar at 3:34pm

Introductions were made.

Stephanie asked for feedback on the wellness policy. Several areas of the policy that were discussed were also areas that were identified as needing attention when Stephanie and Sue did the policy implementation assessment. Using feedback from the committee, the school's lead team and the assessment, the policy will be revised to reflect what we want our wellness policy to be.

The subject of classroom celebrations/birthdays was discussed. There is no current policy regarding what foods and beverages are allowed for classroom celebrations/birthdays but the committee felt it would be helpful to have one. Stephanie will take the committee's ideas to the Lead Team who has already discussed this topic and bring a draft policy to the wellness committee for further discussion.

Sue went through the results of the implementation assessment and shared the preliminary results.

Section 1. Nutrition Education was not completed as the Curriculum Coordinators are gathering information from classroom teachers that is needed to answer these questions. Stephanie and Sue will complete this section once that information is available.

Section 2. Standards for USDA Child Nutrition Program and School Meals had the best scores of the assessment. The scope score (# of answers with 1 or 2) was 100 and the mastery score (# of answers with 2) was 93.

Section 3. Nutrition Standards for Competitive Foods and Other Foods and Beverages received a scope score of 88 and a mastery score of 88.

Section 4. Physical Education and Physical Activity received a scope score of 72 and a mastery score of 61. The scores in this section may improve as we gather more information from teachers that will help us answer some of the questions more accurately.

Section 5. School Wellness Promotion and Marketing received a scope score of 87 and a mastery score of 67 due to two 0 answers regarding staff members being encouraged to model healthy behavior. These questions were discussed at the meeting and there were some ideas presented about how to clarify these areas of the policy and make improvements in this area.

Section 6. Implementation, Evaluation and Communication did almost as well as Section 2. The scope score was a 100 and the mastery score was an 82.

Stephanie started a discussion of planning this year's wellness event. Michelle V. gave a presentation about holding a wellness month with each week devoted to a different theme – hydration, sleep, mindfulness and exercise. There was support for the idea but some concern that this might be too ambitious a project for this late in the year. Stephanie reminded the group about the event idea discussed at the November meeting

based on "Eating a Rainbow." Michelle S. has a presentation based on a children's book about trying new foods that she has used in other schools. We talked about the idea of taste testing colorful fruits and vegetables in the cafeteria and creating a rainbow with stickers over the course of one week. Janet said that she would be happy to host an event like that.

Stephanie ended the meeting by announcing that the next meeting will be held on Monday, January 28th at 3:30 p.m. The main topic of the meeting will be planning the spring event.

The meeting ended at 4:40 p.m.

Respectfully submitted by Sue Bucceri.