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District Wellness Committee Minutes

April 23, 2019

Present:

Rachael Cacace, QFS Principal
Heather Elken, OCS Nurse
Jennifer LaCapra, OHS Health/PE Teacher
Joanne Ofiero, Business Secretary
Sylvia Ouelette, Curriculum Coordinator
Ted Breen, Food Service Director
Olga Simoes, Director of Finance

1. Olga - Call to order at 1:35 pm.
2. Approved March 19, 2019 meetings minutes unanimously.
3. Olga advised committee our school districts Wellness Policy 6142.101 link is on the Wellness Needs Assessment Tool handout.
4. Olga would like to have the Wellness Needs Assessment loaded onto Google Docs so the committee can have access to it.
5. Sylvia answered a question from last meeting: Jennifer asked about recess. K thru 5 is 20 minutes of recess – Statue 10.22.1 – Nothing for 6-8. Requirements for Physical Education, 9 thru 12 is a minimum of one credit and K thru 5 is 20 minutes of exercise during the school day. CT doesn't mandate, they have a physical education guideline and recommendations. State is required to assess grades 4, 6, 8 and 10.
6. Committee went through the entire Wellness Needs Assessment Tool and marked yes, no or needs work.
7. Committee would like to set goals next month to take us to fall.
8. Heather stated having a list of acceptable foods for parties is not a good idea, parents might not check for food allergies. Committee will discuss this next month.

9. Rachael stated parents will be upset if we take off food items from parties.
10. Olga suggested that celebrations do not have to include food, they could include playing games.
11. Some other committees are getting away from food parties.
12. Ted suggested you can order from food service for parties that way it stays within the Smart Snack guidelines. Ted will bring a list of Smart Snacks he has available to the next meeting.
13. Adjourn – 2:00pm