District Wellness Committee Minutes
March 19, 2019

Present:
Rachael Cacace, QFS Principal
Heather Elken, OCS Nurse
Christine Guerra, GOMS Parent
Jack Kolvig, OHS Student
Jennifer LaCapra, OHS Health/PE Teacher
Joanne Ofiero, Business Secretary
Sylvia Ouelette, Curriculum Coordinator

1. Sylvia - Call to order at 1:34 pm.

2. Approved February 20, 2019 meetings minutes unanimously.

3. Needs Assessment
   - Define which areas meet our needs
   - Went over the Triennial Assessment Report
   - Areas bolded we have to consider for our policy
   - Areas not bolded we will consider them as well
   - Last time the districts wellness assessment was looked at was August 2014

4. Next Meeting Agenda Items
   - Define and set goals

5. As a committee, we addressed the following items in the assessment and reviewed them for adding to our policy.
   - Nutrition – Food & Beverages made available at classroom parties meets the smart snacks criteria
• Nutrition - Students are encouraged to participate in federal school meal programs. Heather mentioned next school year distribute the Free & Reduced application using the back pack method, it was successful in previous years.
• Jennifer mentioned, Nutrition education is taught by certified/licensed health education teacher should be looked at as a possible goal.
• Heather suggested, Local farms products to be utilized in meals and snacks and possible the 5th graders that grow fresh vegetables be an option.
• Physical Education – Discussed PE at GOMS. Goal is to have 2 PE teachers so that every student has PE each quarter at GOMS.
• Physical Education – Recommendation of 150 minutes of physical activity
• Rachael suggested 30 minutes of recess for Kindergarteners.
• Committee decided we will review the entire section of physical education
• Christine mentioned are there bike racks at any of the schools, Jack said that yes at OHS but we are not if GOMS has bike racks.

6. Future Meeting – Define goals based on needs assessment
7. Future meeting dates – 4/23/19 & 5/14/19 both at 1:30pm.
8. Adjourn – 2:10pm