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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