

**WELLNESS COMMITTEE**  
**Tuesday, April 30, 2019**  
**2:15-3:15 pm**  
**Central Office Conference Room**

**Meeting Minutes**

**Present:**

Michelle Zawawi  
Bill Hoff  
Kathy Carney  
Ben Gashi  
Debra Dudack  
Maureen Sattan  
Marissa Auclair  
Anne Kelley  
Julie Haefner  
Dan Gatto  
Pam Hardy

**Minutes**

Review of current policy and last year's meetings leading up to final policy [Wellness Policy P6142.101](#). Committee went through each section of policy reviewing and citing evidence. Some items are complete and others are still in progress.

Discussion: Teachers are noticing students are not taking the fruit which is part of the lunch or they are throwing it away.

Suggestions: Put fruit on a shared table. Need to educate kids to eat the fruit. Sell only fruit that has a peel like banana or orange. Kids tend to take fruit if it is cut up, add fruit cup as option.

Discussion: 20 minutes recommended for lunch.

Suggestion: Review lunch procedures with admin to ensure students have ample time to eat.

Discussion: Sugary snacks (ice cream) sold at lunches.

Suggestion: Ben to look into getting healthier snack options, less ice cream and cookies more fruit bars.

Suggestion: Purchase snacks only one day or limit purchasing of snacks at Spaulding and McAlister. More opportunities for SMS and SHS.

- Spaulding and McAlister- Sugary foods (ice cream and cookies) Friday sales
- SMS and SHS- no change, students should be able to make good choices

Discussion: Physical Education and movement breaks.

Suggestion: Include as part action plan to review next year. More recess is needed at elementary schools and mindfulness and physical breaks given at all grades.

Discussion: Wellness Policy, Celebrations, District Events, PTO and PTAC Fundraisers of sugary items.

Suggestion: Remind community about the Policy.

Discussion: Wellness Challenge has been successful.

Suggestion: Continue next year, invite students to create teams.

**Future Business:**

- Need to invite an elementary school teacher or parent
- Create Action Plan
- Set three dates for next year - Next Meeting Dates:
  - October 22, 2019
  - January 21, 2020
  - May 26, 2020