

## **Health and Wellness Minutes**

**Monday, March 1, 2010**

### **6PM Administration Building**

1. Welcome: Present at the meeting were Martha Costa, Jean Lehane, Nancy Souza, Linda Benedetti, Nancy Roberts, Kathy Arent, Lesly Choinski, Judy Hestnes, Pam Storme, Terri Cortvriend, Karin Wetherill, Andrew Kelly, and Colleen Jermain. Angela Volpicelli was not able to attend.
2. Minutes from December 7 meeting were reviewed and accepted.
3. Updates/follow-ups:
  - Outreach to PTOs – where are we? Some PTOs really feel strongly about hanging on to their cookie dough fundraiser. After discussion on serving cupcakes and food safety, the group realized that it may be best to implement healthy practices with the younger students so they will not miss the cupcakes and sweets. Some have had great success with K and grade one. The group also recognized that some of the schools are selling candy and other foods that do not align with our policy. CBJ will send the HW policy to the group via email with suggestions on language changes. The group also agreed we need to stay positive and implement change slowly - as well as stay strong on stressing healthy alternatives. Another topic that came up was denying students recess during lunch. The group representatives will discuss with principals - and also share the information with the building lunch aides. The group realized the aides may not be aware of the policy or may need some support and strategies to help them avoid using time outs as consequences.
  - News/updates-There is a lot going on. PHS has a new cafeteria set up and venue for students to purchase foods. Chartwells will be

visiting Elmhurst to teach the children about fresh herbs. The company is also participating in Mrs. Obama's school challenge. The website will be provided for all members to share with their schools. Island Moving company visited the elementary schools and held workshops on movement. Melville just finished its Jump Rope for Heart and PMS Hoops for Heart recently took place. PMS students will be visiting the elementary students and performing their skit on nutrition. March is nutrition month so there will be lots of activities going on.

- End of year report - draft must be completed by April 15-Colleen asked all members to email their accomplishments and highlights for this year.
- Bring goals for next year to May meeting-Colleen reminded the group to bring one or two goals for next year.
- "Grains Skit" PMS Students visit elementary schools – Kathy will arrange with PMS and visit the elementary schools.

4. Next meeting is Monday, May 3, 2010 at 6 pm

NOTE: The meeting will start promptly at 6 PM. Colleen has a mandatory meeting at PMS 7 PM.