

**OFFICE OF BUSINESS ADMINISTRATION
PATCHOGUE-MEDFORD SCHOOLS
241 South Ocean Avenue
Patchogue, New York 11772
(631) 687-6330**

WELLNESS COMMITTEE MEETING

AGENDA

Wednesday, January 20, 2016

- 1. Fitness Stations**
- 2. Linkages Between Physical Education and Healthy Eating**
- 3. Introduction of Nutritionist**
- 4. Student Updates**
- 5. Other**



Janson's ShopRite of Patchogue

Retail Dietitian School Services Include:



- Guest Speaking in Middle School/High School Health Classes and Elementary Schools
- Surveying Vending Machines for Healthier Alternatives
- "Healthy Snacks" Raffle Baskets at School Events and Fundraisers
- Nutrition Info Table at Parent Teacher Conferences
 - Hydration Coaching for Sports Teams
 - In-Services for Food Service Staff
 - And More!

Please contact me if you would like to partner or collaborate on an event!

*Sara Turnasella, RD
(631) 379-9679
sara.turnasella@wakefern.com*

PATCHOGUE-MEDFORD UNION FREE SCHOOL DISTRICT
Wellness Committee
241 South Ocean Avenue
Patchogue, New York 11772

January 20, 2016

MEMBERS OF THE COMMITTEE PRESENT: Nicole Ciminiello, Dr. Paula Mays, Dr. Donna Jones, Dan Erwin, Jacob Christie, Alex Reksten, Jeffrey Tejada Peralta, Sara Turnasella

MEMBERS OF THE COMMITTEE ABSENT: Karen Reilly, Diana Andrade, Tom Combs, Diane O'Connell, Nancy Poulis, Michael Eaton, Bernadette Smith

1. CALL TO ORDER

Dr. Jones called the meeting to order at 3:15 p.m.

2. Welcome/Introductions:

Donna welcomed everyone and asked all members to introduce themselves since there were four new members to the committee present.

3. Nutritionist

- a) Donna introduced Sara Turnasella who is a nutritionist at Shop Rite in Patchogue.
- b) Sara explained that she has been approved to be a guest speaker in two of the three middle schools. She will be speaking in March. Sara also explained that she hosts children and adult cooking classes at the store, and will be available to the school district community at no cost.
- c) Sara distributed a flyer that Dr. Jones will provide to the principals that summarizes services that she is available to provide to the schools.

4. Fitness Stations

- a) Nicole explained to the new committee members what was discussed at the last Wellness Committee meeting regarding outdoor fitness stations. The district is seeking to pilot fitness stations at Medford Elementary and South Ocean Middle School. Nicole received one quote from Tom Combs and the cost for ten stations is \$5,995 and \$800 for shipping.
- b) Jeffrey inquired as to whether installation was included in the price. Nicole indicated that she would double check with Tom Combs and update the committee at the next meeting.
- c) Jacob wanted to ensure that the stations would be age appropriate
- d) Alex wanted to know if vandalism and maintenance was a concern. Donna stated that the district would work with John Boesch (Security Director) to ensure that there was adequate coverage with cameras.

5.

Student Concerns/Suggestions

- a) Donna asked the student members of the committee what they thought about the new kiosks that were implemented at the High School and Middle Schools. Alex indicated that due to the size of the High School, it is impossible for students on the third floor to get to the first floor, wait on line and get back to class in five minutes. Alex suggested placing an additional Kiosk on the 2nd floor in the main corridor. She believed the location was centralized and would provide more students with an opportunity to participate. Both Donna and Dan explained that they have to work with the Fire Marshall to find appropriate locations and would factor Alex's recommendations into the placement of an additional kiosk. Donna will also follow up with Dr. R about the time allotted between periods as well as identifying a location for a second kiosk.
- b) Both Jeffrey and Jacob explained that the kiosk on the first floor presents a challenge in South Ocean because the majority of the classes are located on the 2nd and 3rd floors of the building. The only classes on the first floor are physical education, art and some music classes. They believe that more students would use the kiosk if the location was changed to another floor.
- c) Alex inquired as to whether there was an official policy about eating in the classrooms. Donna explained there is no "official" policy regarding eating in the classrooms, but that she spoke with the Middle and High School Principals and explained the importance of allowing the students to eat in class as long as they were not disruptive and took responsibility for maintaining a clean workspace. Donna also shared this information with the custodians as well. To date, the students have been complying with the requirements and she hasn't heard of any complaints from the teachers and principals about concerns.
- d) Jeffrey inquired about additional fruit options. He indicated that he sees a lot of waste when peaches and pineapples are served. He suggested serving apples, grapes or oranges as options. Jeffrey stated that the apples are rarely wasted and the students seem to enjoy them more.
- e) Jacob inquired about the nutritional facts for the food listed on the menus. For example, tacos, pizza, chicken nuggets, etc. Dan Erwin stated that it's difficult to provide the nutritional facts, but if he wanted additional information, he could ask the Senior Food Service Worker at South Ocean and she would let him read the food containers.
- f) Jeffrey inquired as to whether Sara could present healthy food options when she made classroom presentations. He specifically inquired about students being able to taste different healthy foods. Sara stated that the District would have to be cautious, recognizing that some students have food allergies.

6.

Other

- a) Donna charged the student members with coming up with ideas for educating the students about healthy eating and physical activity for the next meeting.

The meeting adjourned at 4:15 p.m. The next meeting notification will be provided under separate cover.