

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

**WELLNESS COMMITTEE MEETING**

**AGENDA**

**Wednesday, February 10, 2016**

- 1. Kiosks**
- 2. Fitness Stations – Tom Combs**
- 3. Committee Goals**
- 4. Fresh Fruit Options**
- 5. Physical Education**
- 6. Student Updates**

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

**February 10, 2016**

**MEMBERS OF THE COMMITTEE PRESENT:** Nicole Ciminiello, Dr. Paula Mays, Dr. Donna Jones, Dan Erwin, Alex Reksten, Jeffrey Tejada Peralta, Sara Turnasella, Tom Combs, Diane O'Connell

**MEMBERS OF THE COMMITTEE ABSENT:** Karen Reilly, Diana Andrade, Nancy Poulis, Michael Eaton, Bernadette Smith, Jacob Christie

**1. CALL TO ORDER**

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

**2. Welcome/Introductions:**

Donna welcomed everyone and reviewed the agenda.

**3. Kiosks**

- a) Donna asked Dan Erwin to update the committee about procuring additional kiosks at the High School and Middle Schools.
- b) Dan met with Dr. Rusielewicz to find an additional location at the High School. Dan stated that the tentative location will be by the English pass through on the second floor.
- c) Dan also verified that the kiosks were able to fit into the elevators for easy portability. He also researched the pricing for the additional kiosks and point of sale systems.

**4. Fitness Stations**

- a) Donna updated the committee regarding the fitness stations, and explained that South Ocean and Medford would be the pilot locations targeted for the 2016-2017 school year.
- b) Donna asked Tom to provide the committee with a recommendation for the most suitable fitness stations for the schools. After carefully reviewing the documents submitted by the vendors, Tom recommended American Recreation Products.

**5. Budget Workshop Meeting**

- a) Donna recommended that the committee members attend the budget workshop meeting scheduled for February 29<sup>th</sup> in the South Ocean Conference Room. Donna stated that it would be beneficial for the students to speak about the recommendations that they made to the committee regarding the fitness stations and additional kiosks at the High School and Middle Schools.

**6. Fresh Fruit Options**

- a) Dan explained that as an outgrowth of the prior meeting that he will place a bowl of fresh fruit at the end of the serving lines starting in March so that the students will have other “fresh fruit options”. He will place apples and oranges in the bowl.

**7. Physical Education**

- b) Tom updated the committee on what the Physical Education teachers have incorporated into their curriculum regarding healthy eating. He stated that posters have been placed outside and around the gymnasiums. He indicated that the teachers were discussing with the students healthy lifestyles on a weekly basis.

**8. Student Updates**

- c) Alex inquired as to how many physical fitness programs were offered to students other than those related to official sports teams. She stated that not all students have the time to commit to a sport, but still would like to participate in some sort of physical activity. She also asked if there was a way to make students more aware of the activities that were available to them.
  - a. Tom stated that the weight room is open to all students after school.
  - b. Nicole suggested purchasing workout DVD’s that could be set up in any classroom where whiteboards are installed.
  - c. Tom suggested that the BOCES room be used since mats were already located in that room.
- d) Alex questioned if Physical Education teachers would be open to suggestions from students about modifying some of the fitness activities in gym class. She indicated that many students do not participate and wanted to suggest ways to try to motivate the students, since they only receive 40 minutes of physical activity every other day. Jeffrey agreed with Alex’s’ concern.
- e) Jeffrey inquired about introducing a fruit/vegetable club in which students could taste test new fruits and vegetables. Donna explained that the district would have to be very careful about implementing a new club of that nature due to food allergies.

9.

**Committee Goals**

a) Donna stated that the committee must develop goals for the 2015-2016 school year. The committee decided that the goals would be as follows:

- 1) Installing fitness stations at Medford Elementary and South Ocean Middle School for the 2016-2017 school year;
- 2) Raising awareness of healthy eating options;
- 3) Increasing student participation in physical activity;
- 4) Expanding fresh fruit options.

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