

PATCHOGUE-MEDFORD UFSD
WELLNESS COMMITTEE MEETING



AGENDA

OCTOBER 11, 2017

1. Welcome
2. Breakfast in the Classroom Update
3. Goals for New Year
4. Fitness Club at High School
5. Make Up Classes at High School
6. Cornell Cooperative
7. Taste Club
8. Other

PATCHOGUE-MEDFORD UNION FREE SCHOOL DISTRICT

**Wellness Committee
241 South Ocean Avenue
Patchogue, New York 11772**

October 11, 2017

MEMBERS OF THE COMMITTEE PRESENT: Dr. Donna Jones, Sara Turnasella, Nicole Ciminiello, Daniel Erwin, Gerry Lake, Ryan Cox, Nancy Poulis, Bernadette Smith, Michelle Guardino

MEMBERS OF THE COMMITTEE ABSENT: Karen Ball, Diane O'Connell, Julianna Ricca

1. CALL TO ORDER

Dr. Jones called the meeting to order at 3:15 p.m. in the board room at the Administration building.

2. WELCOME/INTRODUCTIONS

Dr. Jones welcomed everyone and asked that the committee introduce themselves.

3. BREAKFAST IN THE CLASSROOM UPDATE

- a) Dr. Jones updated the committee about the success of the Breakfast in the Classroom initiative. She indicated that all elementary schools have fully implemented the new program. River and Canaan were the first two schools to pilot the program during the 2016-2017 school year.
- b) Many teachers and nurses have reported that the students are arriving to school earlier and are paying less visits to the Nurses' Office for stomach aches and headaches. Teachers have also indicated that students are starting their day more on task.
- c) Mr. Erwin indicated that he provides fresh fruit on the menus on Monday, Wednesday and Friday. Juice is provided to students on Tuesday and Thursday. If there is fresh fruit left over from the morning, Mr. Erwin places the fruit in a bowl for the students to eat during Lunch periods.
- d) Committee members asked how the breakfast menu is determined. Mr. Erwin indicated that he had done a survey with the students from River and Canaan to identify their likes and dislikes. He also indicated that he has to follow strict guidelines from the USDA in order for the meal to be reimbursable.

4. GOALS FOR THE NEW YEAR

- a) Dr. Jones asked the committee to develop goals for the 2017-2018 school year.
- b) The committee identified three goals and will add one more if students recommend at future meetings. The goals are as follows:
 1. Raising PTA awareness of the District's wellness initiatives;
 2. Continue educating elementary children about health and fitness;
 3. Consider adding a clean protein or a good fat to the breakfast and lunch menus.

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5. FITNESS CLUB AT HIGH SCHOOL

- a) Dr. Jones asked Mr. Cox if the fitness club was up and running at the High School. He indicated that it was not, but that he would speak to his staff about getting it started again soon.

6. MAKE UP CLASSES AT HIGH SCHOOL

- a) Dr. Jones wanted to ensure that students still had the ability to make up classes for physical education by attending the fitness club.
- b) Ms. Ciminiello explained to Mr. Cox that a former student on the Wellness Committee requested the make ups as an alternate to walking laps around the gym. The prior Athletic Director spoke with his Phys. Ed. staff and they were all in agreement with the suggestion.

7. CORNELL COOPERATIVE

- a) Dr. Jones asked that Ms. Lake work with Ms. Ciminiello to develop a schedule for Cornell Cooperative to push into the Kindergarten classes at Medford, Canaan, Tremont and possibly Eagle.

8. TASTE CLUB

- a) Ms. Ciminiello indicated that Canaan is ready to resume the Taste Club in November. The club advisor is being board approved in October.
- b) Ms. Ciminiello indicated that she will work with Ms. Turnasella to identify a time that will work with her schedule and the advisor's schedule.
- c) Dr. Jones asked for Ms. Turnasella to present at different schools this year for the Taste Club. Dr. Jones thought Medford would be a great choice.
- d) Ms. Ciminiello will reach out to Margherita Proscia to get started.

9. FITNESS STATIONS

- a) Both Mr. Cox and Ms. Ciminiello indicated that all Outdoor Fitness Stations have been installed at all schools. Mr. Cox and Paul Noonan did the final walk through on Tuesday, October 10, 2017.
- b) Mr. Cox indicated that he will be implementing the fitness stations into the curriculum and will be further explaining this to his staff at the end of the month.
- c) He also stated that he is trying to implement a club to utilize the Fitness Stations after school.

10. OTHER

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- a) Mr. Cox explained that he has formulated a committee that will be drafting a five-year plan for physical education and health services.
- b) Ms. Smith and Ms. Guardino stated that they both did not know about all the information that is distributed to the Principals monthly in reference to health and fitness. Dr. Jones stated that a monthly newsletter is sent to the principals for them to distribute to the students.
- c) Dr. Jones further explained that the newsletters information are also available on the website. Mr. Erwin provided directions on where to find the information on the website.
- d) Mr. Erwin also informed the committee that the menus all have links that detail all ingredients for the items served on the menus. The menus and links are all available in both English and Spanish and are on the District website.
- e) Ms. Lake mentioned that Cornell Cooperative has a program called Chance which involves parents and students learning better ways to develop a healthy lifestyle.
- f) Dr. Jones indicated that the committee should try to invite the PTA council to a meeting or the PTA council could have Dr. Jones attend one of their meetings in order to share the positive initiatives regarding wellness.

The meeting adjourned at approximately 4:45 p.m.

The next meeting will take place on Wednesday, November 15th at 3:00 p.m.