

PATCHOGUE-MEDFORD UFSD
WELLNESS COMMITTEE MEETING



AGENDA

NOVEMBER 15, 2017

1. Welcome
2. Progress Toward Implementing Goals
 - a. Raising PTA Awareness of Wellness Initiatives
 - b. Adding Clean Protein or “Good Fat” to Breakfast and Lunch Menus
3. Follow Up - Fitness Club at High School
4. Follow Up - Cornell Cooperative
5. Follow Up – Taste Club
6. Fitness Stations
 - a. Training on Use
7. Other

PATCHOGUE-MEDFORD UNION FREE SCHOOL DISTRICT

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

November 15, 2017

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

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

MEMBERS OF THE PUBLIC ABSENT: Doreen Lamm

1. CALL TO ORDER

Dr. Jones called the meeting to order at 3:05 p.m. in the conference room at South Ocean Middle School.

2. Welcome/Introductions:

Dr. Jones welcomed everyone and reviewed the agenda.

3. Progress Toward Implementing Goals

a) Raising PTA Awareness of Wellness Initiatives – Dr. Jones explained that she met with the president of the PTA Council, Lori Musumeci. Dr. Jones informed Ms. Musumeci of all the wellness initiatives that the District has been implementing. Dr. Jones stated that she would be willing to attend a meeting to further discuss District Wellness initiatives with the PTA Council.

- Dr. Jones also stated that she will add the PTA presidents to the monthly nutrition nuggets email thread in order to keep the Council informed.

b) Adding Clean Protein or “Good Fat” to Breakfast and Lunch Menus - Beginning in December, Mr. Erwin will incorporate hardboiled eggs and yogurt into the breakfast menu.

- Mr. Erwin also indicated that he will add cereal, egg & cheese on a pita as well as chicken sandwich on a biscuit to prospective menus.

4. Follow Up - Fitness Club at High School

a) Dr. Jones asked Mr. Cox if there had been any progress with starting the club for the new school year. Mr. Cox indicated that Carrie Gangl was interested in chairing the club. Mr. Cox hopes to get the club started in December 2017 or January 2018. He will follow up with Dr. Jones regarding the club stipend.

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- Mr. Cox also provided a handout to the committee which summarized the various fitness clubs/intramural activities that are taking place throughout the District.

5. Follow Up - Cornell Cooperative

- a) Ms. Ciminiello stated that she will follow up with Cornell Cooperative and will commence the program in the remaining four schools after the New Year.

6. Follow Up - Taste Club

- a) Ms. Turnasella indicated that the Taste Club at Canaan will begin in December 2017 and the Taste Club at Medford will begin in January 2018.

7. Fitness Stations

- a) Training on Use – Dr. Jones asked Mr. Cox if his teachers have been training students on how to use the Fitness Stations. He indicated that the majority of his staff have completed the training. The rest of the schools will complete training shortly.

The meeting adjourned at approximately 3:50 p.m.

Next meeting will be sent out under separate cover.