

PATCHOGUE-MEDFORD UNION FREE SCHOOL DISTRICT

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

October 18, 2018

MEMBERS OF THE COMMITTEE PRESENT: Dr. Donna Jones, Daniel Erwin, Gerry Lake, Karen Ball, Ryan Cox

MEMBERS OF THE COMMITTEE ABSENT: Nicole Ciminiello, Bernadette Smith, Rebecca Caron, Michelle Guardino, Diane O'Connell, Nancy Poulis, Alicia Salazar, Sara Turnasella

MEMBERS OF THE PUBLIC PRESENT: Doreen Lamm

1. CALL TO ORDER

Dr. Donna Jones called the meeting to order at 1:00 p.m. in the conference room at the Administration Building.

2. Welcome/Introductions:

Dr. Jones welcomed everyone to the first meeting of the year.

3. Discussion of Success of 2017-2018 Committee Goals:

A. Raising PTA awareness of the District's wellness initiatives.

- i. Much was accomplished in the 2017-2018 school year. PTA's were added to the email list for newsletters, and nutrition nuggets.

B. Continue educating elementary children about health and fitness.

- i. Added nutrition in Physical Education classes;
- ii. Incorporated fitness stations into curriculum year round;
- iii. Hosted a duathlon at Eagle Elementary school in June 2018. 175 students participated. The duathlon was a ½ mile run, 1 mile bike ride, ½ mile run. The event was sponsored by the PMAA and PMCT. There are plans to host another duathlon in the 2018-2019 school year with the hopes that additional students will participate;
- iv. Cornell Cooperative worked with Kindergarten classes at two elementary schools to promote nutrition;
- v. The District worked with the health teachers and featured wellness information in the Business Newsletters. Students would make featured recipes from the nutrition nuggets at home and would submit pictures and reviews on what they liked and did not like.

C. Consider adding a clean protein or a good fat to the breakfast and lunch menus.

- i. Dan Erwin added egg sandwiches and hard boiled eggs as a pilot. Neither menu change was well received by students. He also added a beef sausage for breakfast, which was well received. Mr. Erwin will continue to offer that item in 2018-2019 and look for additional alternatives that students will enjoy.

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- ii. Mr. Erwin instituted a chat and chew with students at all buildings throughout the year to see what menu items they like or dislike and to respond to any questions they might have regarding menu options. He also tries to ascertain what their favorite fruits and vegetables are. He visited Canaan Elementary School prior to today's wellness committee meeting. The students have enjoyed the opportunity to meet with him.

4. Discussion of Committee Goals for 2018-2019

- i. The committee recommended continuing to analyze menus and work with students to acquire feedback on current and future menu items.
- ii. Goals will be finalized at next meeting. Members should think about areas where awareness can be raised.

5. Other:

- i. For the 2018-2019 school year, Cornell will work with River and Tremont Kindergarten classes. They would like to schedule class visits during March. Dr. Jones will reach out to Principals to begin to coordinate the spring visits.
- ii. Mr. Cox discussed initiatives instituted in 2018-2019. Some of the initiatives include the following:
 - a. New fourth grade health unit;
 - b. Lifelong fitness activity. The District purchased a nine-hole mini golf set that will rotate throughout the elementary schools. The 10th hole is a Masters Tournament hole on a projector screen. The students at River Elementary liked the activity so much that there was a field trip to Country Fair to play mini golf;
 - c. Heartrate monitors were purchased for secondary schools. POLAR has scheduled sessions to train staff in November. The District purchased carts, chargers and wipes for the monitors. They are being used in sixth grade as well as the 9-12 fitness block. There is a POLAR go fitness App where the children will be able to track their activities throughout the year;
 - d. Some new equipment was purchased for the fitness room at the High School;
 - e. Mr. Cox discussed his 5 year plan, and the possibility of adding an event similar to PARP. PAFP (Parents as Fitness Partners). Ryan discussed the possibility of this being done twice a year. It would be optional. The students could go home with a list of activities to complete.
- iii. The committee then discussed the possibility of having a Wellness Awareness Week. The District could possibly provide a list of things to encourage wellness. Students could share stories in homeroom or health class on what they did. The week could end with a Wellness Fair possibly called Spring Into Fitness. The committee will further discuss ideas at the next meeting.

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- iv. Cornell handed out posters. Some were laminated. The posters can be used to decorate the cafeterias. Mr. Cox suggested hanging some of the posters in the gymnasiums as well as possibly in health classrooms. Laminated posters were given to Dr. Jones, Mr. Cox and Mr. Erwin. Mr. Cox and Mr. Erwin will determine how many they would like and get back to Ms. Ball and/or Ms. Lake.
- v. Mr. Erwin requested a set of each of the posters that came from the USDA for the seven elementary schools, three middle schools, and the High School.
- vi. Dr. Jones mentioned that the Greenhouse was approved by the community on Tuesday night. Ms. Ball indicated that she might be able to purchase seeds for the District through one of her grants.

7. Next Meeting

- i. The next meeting will be scheduled for November 15th at 3:00 pm in the South Ocean Middle School conference room.
- ii. Committee members should review the policy and be prepared to provide commentary on additions/revisions at the next meeting.

The meeting adjourned at approximately 2:00 p.m.

Next meeting will be Thursday November 15, 2018 at 3:00 pm in the conference room at South Ocean Middle School.