

Minutes of the Wellness Committee of the Board of Education
Regional School District 14 www.ctreg.org
Wednesday, November 15, 2017

Start: 3:47pm End: 4:48pm

In attendance were: Superintendent Dr. Anna Cutaia-Leonard, Patti Sola, Eric Bergeron, Chrissy Fensore, Jodie Roden, Maryanne Van Aken, Julee Oppici, Patti Sola, and BOE clerk Natascha Schwartz
Absent: Mary Lou Czarnecki, Peter Brooks, Wayne McAllister, Karen Sheehan-Wolf

Dr. Anna called the meeting to order at 3:47pm.

The committee members were handed the 2016-17 goals and asked to look them over and to identify each member's top 2 accomplished goals and what still needs to be worked on.

The 2016-17 goals were as follows:

1. Clarification on allowable snacks
2. Internal communication procedures
3. Revisit healthy snacks list
4. Review wellness/allergy free policy & implementation
5. 8/29/16 – Healthy Hunger Free Kids Act
6. Review model wellness policy
7. CSDE evaluation of our wellness & food service policy
8. Review CAFE regulations
9. May 2014 approved brochure - the allergy management policy information was pulled off
10. District process of communication of bus & school
11. Individual health plans
12. School celebrations – PTO (low parent interest upon survey results)
13. Physical activity opportunity PK-12 (February)
14. Gluten free/allergen free menu items
15. Food allergy awareness week (1st week of May)

All members agreed that all 2016-17 goals were met with the exception of reviewing CAFE regulations & food allergy awareness week which are both a work in progress.

Julee Oppici suggested verifying if the vegetable dip is gluten free and if yes, to add the wording to the classroom celebration snack list

The committee will further discuss how to advocate wellness for students and to properly define the whole wellness topic.

Eric Bergeron asked to clarify the free and reduced lunch renewal process as he has received questions from some parents. As noted in the FAQ section on the Region's website, qualified families must reapply annually. For clarity, Natascha Schwartz will have Maria Duncan add the wording "annually" to the website so that parents understand that they must reapply.

New/Continued Goals:

The committee will continue to focus on the following:

- 1) Monitoring and evaluating policy
- 2) Promote and advocate wellness behaviors amongst students
- 3) Food allergy awareness

Dr. Anna asked how the classroom celebration snack list celebration is going. Patti Sola advised that it is going extremely well and that parents have been using the service a lot. A question was brought up in regards to special celebrations such as the PTO end of year celebration and special holiday events. Dr. Anna and the committee agreed that PTO end of year celebration will not be required to follow these procedures. The region is also considering alternate offerings for holiday specials.

It was determined that as the classroom celebrations snacks procedures are working well, there will not be any changes at the moment. The committee will revisit the list at end of this school year.

The committee will focus on reviewing the CAFE regulations to be developed for the policy. Once the committee has reviewed them, they will be brought to the administrative team in preparation to present to the Board of Education in the spring.

Hearing no further business, the meeting was adjourned at 4:48m

Future meetings:

Thursday, February 22, 2018, Central Office Conference Room, 3:45pm

Tuesday, April 24, 2018, Central Office Conference Room, 3:45pm

Respectfully Submitted,



Natascha Z. Schwartz
Regional School District 14 Board Clerk

Recorded and filed subject to Board of Education approval by: Natascha Z. Schwartz, Board Clerk, 11/16/2017