

Minutes of the Wellness Committee of the Board of Education

Regional School District 14 www.ctreg.org

Monday, March 13, 2017

Start: 3:32pm End: 4:30pm

In attendance were: Superintendent Dr. Anna Cutaia-Leonard, Peter Brooks, Maryanne Van Aken, Julee Oppici, Mary Lou Czarnecki, Christina Cuola, Wayne McAllister, Patti Sola, Eric Bergeron, Karen Sheehan-Wolf

Absent: Paula Paolino, Susan Ruddock, Chrissy Fensore, Bill Nemec

Snack List review:

Members of the committee shared nutritional info researched on ice cream and frozen fruit snacks that currently appear on Region 14's approved list. Discussion included consideration of various criteria of nutrients for snack approval. The committee discussed removal of Italian ice for the 2017-18 school year.

Action items for the next meeting include Mr. Brooks sharing the state food list. Consideration will be given to applying state criteria to Region 14's food list.

Review of Board of Education Wellness Policy:

Dr. Anna shared following documents with committee: A letter from Connecticut State Department of Education to Region 14 dated February 10, 2017 along with an attachment of the wellness policy feedback, a copy of Region 14's current wellness policy, and the model wellness policy as provided by CAFE. Dr. Anna asked the group to review the documents to provide feedback and bring input to future revisions of the policy, which will be then shared with the Board of Education Policy subcommittee.

Opportunities for Physical Activity in Schools:

Members discussed the various recess and physical activities that occur at each level.

Food Allergy Awareness Week:

Food Allergy Awareness Week is taking place May 14-20, 2017. Ms. Cuola shared a document on ideas to raise awareness. Dr. Anna committed to sharing these with the middle and elementary schools.

Other business:

Dr. Anna and Mr. McAllister shared that bus drivers are trained on symptom awareness and on how to respond to anything out of the ordinary by calling 9-1-1. Bus drivers receive training annually.

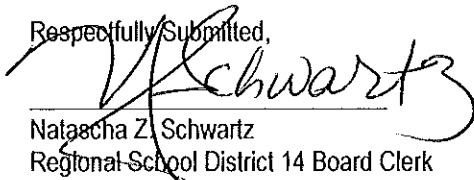
Meeting was adjourned at 4:30pm

Future meetings:

Monday, April 3, 2017, Central Office Conference Room, 3:30pm

Monday, May 22, 2017, Central Office Conference Room, 3:30pm

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, 3/27/2017