

Minutes of the Wellness Committee of the Board of Education  
Regional School District 14 [www.ctreg.org](http://www.ctreg.org)  
Monday, November 21, 2016

Start: 3:44pm End: 4:29pm

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

A brief round table introduction was done due to new committee members coming on board.

### **2016-17 Committee Goals:**

The committee discussed compiling a list of committee goals.

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 (1<sup>st</sup> week of May)

### **Healthy Snacks:**

The committee discussed the healthy snacks list and the possibility of revisiting the items. Dr. Anna asked the question if the committee thinks that the list of snacks is right for the region. Ms. Van Aken asked what the parameters are – low fat, sugar etc.

The committee members to review list prior to the next meeting and give recommendations on which items should be removed and added to list.

### **Other Business:**

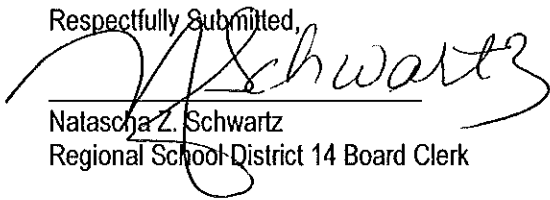
**Individual Health Care Plans** – Ms. Paolino asked if students with life threatening food allergies should have individual health care plans at time of enrollment and should they be reviewed annually. Ms. Fensore to do follow-up.

Future meetings;

Monday, January 9, 2017, Central Office Conference Room, 3:30pm  
Monday, February 27, 2017, Central Office Conference Room, 3:30pm  
Monday, April 3, 2017, Central Office Conference Room, 3:30pm  
Monday, May 22, 2017, Central Office Conference Room, 3:30pm

Meeting was adjourned at 4:29pm

Respectfully Submitted,

A handwritten signature in black ink, appearing to read "N. Schwartz", written over a horizontal line.

Natascha Z. Schwartz  
Regional School District 14 Board Clerk

Recorded and filed subject to Board of Education approval by: Natascha Z. Schwartz, Board Clerk, 11/29/2016