

Wellness Committee – Meeting Minutes October 24, 2017

Meeting attendees:

Will Veribts (Chair), Director of Student Support Services
Lori Aquavella, Administrative Assistant
Kathy Horan, School Nurse
Kathy Aeschliman, Parent

Food Guidelines

Last year it was decided that food should not be brought into the classrooms in an effort to limit unhealthy foods.

Mrs. Aeschliman spoke about a food committee that has been formed by parents. They meet monthly and are developing a survey with Jim O'Shea. Parents are concerned about the food being served. Kathy Horan explained how the food guidelines have evolved over the years. Once the state instituted a wellness policy she was able to get the elementary teachers involved with limiting food in the classroom.

The suggestion was made to possibly relocate the compost area. Parents have asked to get a microwave for kids to heat up hot lunches. There would need to be enough adults to help children use the microwave.

Mrs. Aeschliman asked about the snack list. Kathy stated it needs to be updated. She also asked about the possibility of having a nutritionist look at the lunch menu and suggest items that are healthy and kid friendly. She would like to see changes made, i.e., less pizza and chocolate milk and make the main entrée more enticing to younger children.

New/Updates from the Health Office – they are very busy!

SBIRT Initiative: It is a confidential questionnaire that will be given to 8th graders for the first time this year. The questions pertain to drug issues. There will be a parent meeting before and they will be able to opt out if they choose. The purpose is to try to identify children before they get to the high school level and have issues with drugs. Mrs. Aeschliman asked if it could be conducted anonymously. Kathy Horan explained that it is a state initiative and it must be conducted according to rules set by the state.

Olweus Program: Mrs. Aeschliman stated she thinks the program is off to a good start. Her Kindergarten is embracing it. Kathy Horan explained how the program is being implemented. Mrs. Aeschliman asked if the health office shares information with the PE teachers. Kathy explained that the PE teachers are health certified.

Mrs. Aeschliman asked if there are discussions about screen time. Kathy explained how the different devices benefit the students.