

Notes for September 18, 2008 meeting
Nutrition & Wellness Committee

Members in attendance:

CSH Director of Physical Education: Jim Amen
Heart Links Project Coordinator: Kara Andreski
LHS parent representative: Elizabeth Bailenson
Principal, Goosehill Primary School: Lydia Bellino
CSH Board of Education representative: Amy Certilman
Wellness committee representative: Helen Daly
GPS parent representative: Liz Flynn
GPS representative and Nutrition Committee Historian: Barbara Grieco
Principal, West Side Elementary School: Lynn Herschlein
CSH Board of Education representative: Robert Hughes
Principal, Lloyd Harbor Elementary School: Valerie Massimo
Principal, CSH High School School: Jay Matuk
FOCUS parent representative: Dorrie Paolano
WSS parent representative: Anna Paternoster
CSH High School parent representative: Stephanie Schandler
CSH High School SIT parent representative: Stephanie Schiff
CSH School District Director of Food and Nutrition: Gerri Tiger
Superintendent and District Office representative: Judy Wilansky

Information Sharing:

- Gerri Tiger assembled samples of beverages and snacks
- Gerri distributed information sheets including *What's New in the Kitchen* at each school and school menus
- Gerri Tiger notified committee that a NY State Review will take place this year
- Mrs. Schandler distributed information regarding a presentation sponsored by The Politics of School Food, NY Coalition for Healthy School Food

Subcommittee formed:

Technology: Amy Certilman and John Contess

Purpose: to create link for menus, prices, etc.; Amy Certilman will send Q & A

Comments/Questions from committee members:

School Menus: question of nitrate free bologna; ice cream served as a snack; high fructose in ribette (from last year's orders)

High School: Jay Matuk offered feedback from the High School:

Staff appreciates and is aware of "real chicken"

Kids noticing new snacks, a greater awareness of ingredients

Biggest impact is vending machine changes (ice cream machines)

Grill for the Panini sandwiches will arrive soon

Some complaints: no fund raising before school day, no Snapple

Noted that there were not many restrictions after school

Goosehill:

Letter from Goosehill regarding birthday celebrations was distributed. Members provided the following feedback:

Add the nutrition policy guidelines on the reverse of the parent form to clarify restrictions
Drafts of revised letters will be shared among elementary principals

How to best utilize Heart Links:

The CSH School District has the resources of Heart Links until March 2009

The topic of various assemblies was discussed.

Jim Amen suggested the best time to do assemblies is in spring. Presentations can be tailored to athletes to address questions such as:

What should an athlete eat for maximum performance?

What should an athlete eat the day before? The day of?

Can Heart Links present a program highlighting factors that will enhance or hinder performance?

Can Heart Links provide model lessons in grades 7 – 12?

It was noted that some of these presentations might tie in with the Code of Conduct

FOCUS:

School initiatives can be linked with FOCUS

A FOCUS meeting can be devoted to Wellness & Nutrition

Wellness

Can Heart Links help principals design age appropriate Wellness Weeks or Days in each school?

Principals will contact Heart Links Project Coordinator, Kara Andreski for a meeting to discuss particular needs of each school

Helen Daly distributed draft of Wellness policy from last year's committee

Jim Amen expressed thoughts about amount of time students have physical education

Chairperson volunteer: L Bellino with Dr. Wilansky as alternate

Structure of Meetings:

- Information sharing
- Comments/questions
- Agenda items
- Determine agenda for next meeting
- Established a 3:30 – 5:00 meeting time

Next meeting: Thursday, October 16, 2008 at 3:30

Agenda for next meeting:

All members will read the draft of the Wellness policy distributed by Mrs. Daly.

Mrs. Daly will lead discussion of the draft and where to go from here

Other Notes and Updates:

Please check your email address on the attachment and your role on the committee indicated on these notes

Farmers' Market event:

Mrs. Bailenson has been in touch with the elementary principals regarding November dates for Farmers' Market.

Tentative dates: Friday, November 7 or Friday, November 14

Mrs. Bailenson is requesting more information in response to questions related to the set up and procedure for the event.

Parent Letters re: birthdays, class celebrations, holidays, etc.

Valerie Massimo, Lynn Herschlein, and Lydia Bellino continue to communicate and share letters or notices regarding school parent letters intended to implement the nutrition policy guidelines and educate the parent community about the policy guidelines.

Contact information for Heart Links:

Kara Andreski kara.andreski@stonybrook.edu 631-444-3030