

Notes for January 22, 2010 meeting

District Nutrition and Wellness Committee

Members in attendance:

CSH School District Director of Food and Nutrition:

- Gerri Tiger

The Director of Physical Education and Athletics or a designee (teacher certified in Health, PE or Science):

- Jim Amen

Members of the Board of Education:

- Amy Certilman
- Robert Hughes

Each building principal or a staff member designated by the principal

- Chairperson, Principal, Goosehill Primary School: Lydia Bellino
- Designated Representative for Lloyd Harbor and West Side School Principals: Christine Parent
- Designated representative for Jr. /Sr. High School Principal: Dr. Helen Browne

A representative from FOCUS:

- Jennifer Heyke

A district nurse:

- Donna Gurtowski, School Nurse at Goosehill Primary School

A district Health Educator:

- Christine Parent

Parent representatives:

- Goosehill Primary School representative: Liz Flynn
- Lloyd Harbor Parent Representative: Elizabeth Bailenson
- West Side Parent Representative: Dr. Eileen Gallagher
- CSH Junior High School representative: Liz Squicciarini
- CSH High School parent representative: Stephanie Schiff

Helen Daly, CFA President

2008-2009: GPS representative and Nutrition Committee Historian: Barbara Grieco

Meeting Notes:

Update regarding implementation of the Board of Education Nutrition and Wellness policy: All elementary schools are adjusting well to the policy. When there is food in classrooms, notice is sent home prior to the distribution of food to inform parents. The principal and teachers communicate directly on the use of food in classrooms.

Goosehill, Lloyd Harbor, and West Side Schools report a significant reduction in food in classrooms from previous years.

Upcoming holidays – principals plan to send reminder of policy guidelines in weekly newsletters and speak to the students about it.

Home Economics class may be an opportunity to create increased awareness of ingredients. A plan to present at upcoming CSHHS CFA –PTO/FOCUS meeting is tentatively set to address nutrition and wellness. The meeting date is Wednesday, April 21, 2010. Members have agreed to forward any information they would like contribute to this discussion.

See attachments for 2 articles distributed and discussed on *Coordinated School Health: Getting It All Together* and *Finding Our Way Back to Healthy Eating: A Conversation with David A. Kessler*

Other information distributed by members for your review:

To access *Snack Time Never Ends* article from The New York Times, go to:
<http://www.nytimes.com/2010/01/20/dining/20gusti.html>

To access information on *What's On Your Plate?*
[What's On Your Plate and Kid-Friendly Cooking Demo at The Cinema Arts Centre - Huntington, NY - AmericanTowns.com](http://www.american-towns.com/what-s-on-your-plate-and-kid-friendly-cooking-demo-at-the-cinema-arts-centre-huntington-ny)

To access *Be Salt Savvy- Cut Back on Sodium for Healthier School Meals*, go to:
www.mypyramid.gov

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The Board of Education adopted the Wellness Policy at its November 10, 2009 meeting. The new policy is available on the website

**To read the newly adopted policy:**

Go to district website at <http://www.csh.k12.ny.us/>

On the menu bar, click on the “For Parents” tab.  
Select Nutrition & Wellness, and then Policy & Regulations  
Although the page reads, “There are no policies under review...”  
Look on the left navigation bar and click *Nutrition and Wellness*, then click “Policy and Regulations”

This should bring you to a page with a link to the documents for:

- **Student Wellness Policy 5405**
- Student Wellness Regulation

**Role of the District Nutrition and Wellness Committee:**

The Wellness and Nutrition Committee will make recommendations that enhance knowledge and understanding of wellness and nutrition.