

**Notes for October 16, 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  
Wellness committee representative: Helen Daly  
GPS parent representative: Liz Flynn  
Principal, West Side Elementary School: Lynn Herschlein  
Principal, Lloyd Harbor Elementary School: Valerie Massimo  
FOCUS parent representative: Dorrie Paolano  
WSS parent representative: Stephanie Schandler  
CSH High School parent representative: Stephanie Schiff  
CSH School District Director of Food and Nutrition: Gerri Tiger

Invited guest: Director of Guidance, Noreen Cambria

After discussion with Mr. Matuk, Noreen Cambria graciously accepted an invitation from Mrs. Bellino to join today's meeting in our discussion of wellness and how it related to the high school.

The members present reviewed Notes for the September 18, 2008 meeting and corrected titles for Mrs. Schandler and Mrs. Schiff. Mrs. Paternoster will not be able to attend for a few months.

**Discussion of the Farmers' Market event and plans for a Wellness Day utilizing Heart Links**

Mrs. Bailenson confirmed that the date for the Farmers' Market for the elementary schools will be Friday, November 21, 2008

Meeting with Heart Links coordinator, Kara Andreski on Friday, October 24<sup>th</sup> at Goosehill Primary School

- Mrs. Herschlein, Mrs. Massimo, and Mrs. Bellino will work out the details of the Farmers' market at this meeting
- The elementary principals and the parent representatives will discuss plans and possible content for a Wellness Day with Kara Andreski to be scheduled
- Kara told the committee that it was possible to have the resources of Heart Links available through the use of interns who would work with her in each school providing lessons for teachers and creating presentations for the students to visit in a "Wellness Fair" type of setting. Kara said that the staff from Heart Links cannot offer direct teaching experiences in classrooms.
- Two parent representatives, Mrs. Bailenson and Mrs. Schandler will meet with Gerri Tiger to discuss cafeteria menu items that may be correlated to the Farmer's Market visit

### **Discussion of Wellness Policy**

Mrs. Daly distributed copies of Chapter 11 Regulations of the Commissioner and copies of the Wellness draft policy from last year's committee.

Mrs. Daly reviewed the regulations and the committee engaged in a discussion of the following sections of the regulations:

- Definition of *health education*
- Inclusion of health and safety education in the district program of health, physical education, and recreation
- Part 135.3 Health Education  
“Inclusion of a *sequential* health education program for all pupils, grades k-6”  
“Health education in the elementary school grades shall be taught by the regular classroom teachers” Mr. Amen added that classroom teachers may provide instruction under the direction and supervision of a certified physical education teacher.
- Provision for “appropriate instruction concerning the acquired immune deficiency syndrome (AIDS) as part of the sequential health education program for all pupils, grades K-6”
- One-half year course in the junior high school and in the senior high school  
At the HS there are one-half year courses in 7<sup>th</sup> grade and 10<sup>th</sup> grade  
Students in grades 7 – 12 always have a place to go for guidance and health questions, including counselors and the school nurse  
An elective, *The World of Health*, is also offered  
Mrs. Cambria briefly told the committee about the Michigan K-8 Model of Health Education
- There is no Director of Health Education. Chris Homer is the certified health professional at the CSH Junior-Senior High School

The CSH School District uses *The Great Body Shop* in the elementary schools as its sequential program.

Discussion of minimum time for physical education required (at least 120 minutes) in each calendar week in elementary schools

Mr. Amen acknowledged that many schools have not yet been able to meet this requirement

Discussion of other ways to meet compliance for PE and to include physical activity for the students (for ex. 5 minutes of yoga led by PE instructor over the PA system)

Mrs. Massimo spoke about the Syosset School District's use of a rhythm and movement class as part of the effort to meet the goal of 120 minutes/week

### **Implementation of Nutrition policy:**

Discussion of email from Amy Certilman regarding parent response to providing ingredients and the amount of paper used for distributing to parents

The 3 elementary principals will send a joint **information/notification letter** to parents regarding the implementation of the district policy and recommended nutritional guidelines. The letter will include:

- **An opt out choice form** providing parents the choice to have their child choose to eat whatever is brought in for a birthday celebration
- **An opt in choice form** for parents who wish to know the specific ingredients for each birthday. The name of the “food” item to be brought for the birthday without ingredients will be provided.
- Class parents/ teachers can keep the forms on file for the parents who wish to be notified, provide any information they receive, and put them in contact with the parent providing the food items for specific ingredients
- A list of children in the class with their birthdays to give parents the choice to contact one another should they want to know in advance if and what specific food item might be brought in for the classroom birthday celebration and its ingredients
- Reference to the district policy and guidelines on the website

**For classroom curriculum-related celebrations:**

When food is distributed to students as part of a classroom celebration related to the curriculum, the teachers will notify the class via newsletter or through class parents. Upon notification, parents will have the choice to request specific information regarding ingredients of the food that will be distributed in the classroom.

**Subcommittee formed:**

A nutrition subcommittee was formed: Gerri Tiger, Lydia Bellino, Barbara Grieco, Elizabeth Bailenson, Stephanie Schandler, Liz Flynn, and Kara Andreski

Purpose: to discuss implementation of nutrition policy and guidelines in the school cafeterias

Meeting is scheduled for Friday, November 14<sup>th</sup> at 11:00

**Heart Links:**

Kara Andreski provided exemplary Wellness policies from Manhasset, Bay Shore, Half Hollow Hills, Port Washington, and Wantagh

I have included attachments for 4 of the policies and will have paper copies of the others at our next meeting.

**Next meeting: Thursday, November 20, 2008 at 3:30**

**Agenda for next meeting:**

Information Sharing:

Update from Technology subcommittee

Update from Kara Andreski, Heart Links coordinator: Ideas/availability for Wellness day

Update from Mrs. Bailenson, Mrs. Schandler: Farmers' Market plans

Update from the Nutrition subcommittee

Update from Gerri Tiger: cafeteria/menu plans related to the Farmers' Market event

Review of Wellness policies provided by Kara Andreski, Heart Links Project Coordinator

Continued discussion of the draft of the Wellness policy distributed by Mrs. Daly

Contact information for Heart Links:

Kara Andreski [kara.andreski@stonybrook.edu](mailto:kara.andreski@stonybrook.edu) 631-444-3030

Committee members are welcome to attend the nutrition subcommittee meeting on Friday, November 14<sup>th</sup> at 11:00

Other Notes and Updates:

Friday, October 24, 2008

- Discussion of Wellness Day  
Heart Links station can be one or two of other stations set up for children to visit

Available December dates for Heart Links:

Tuesday, December 2, Friday, December 5, Wednesday, December 10, Thursday, December 11-No Mondays

- Discussion of Farmers' Market and conference call with contact for this event
- Discussion of cafeteria menu correlated to vegetables from the Farmers' Market event