

**Minutes of the Voluntown Wellness Committee Meeting on Wednesday, November 5, 2014  
at 8:30AM in the Bd. of Ed. Meeting Room**

Members of the Wellness Committee: A Coordinated Approach to School Health

Alycia M. Trakas -----	Principal
Elaine Lee -----	Director of Special Education
Tom O'Connor -----	Food Services Program Director: <i>Healthy Foods &amp; Lunch Program</i>
Catherine Grant -----	Board of Education: <i>Community Representative</i>
<i>Kristin Goodwin</i> .....	<i>School Counselor</i>
Mary Rollins -----	School Nurse: <i>School Medical Issues</i>
Paul Ricard -----	Director of Maintenance and Facilities: <i>Indoor Air Quality/Tools for Schools</i>
Susan Stripling -----	Parent: <i>PTO (Parent Teacher Organization)</i>
Adam S. Burrows -----	Superintendent of Schools
Brian Racicot -----	Physical Education ( <i>Physical Fitness &amp; Health Education</i> )

The meeting was called to order at 8:38AM.

The Minutes of the 3-26-14 Wellness Committee were approved. Motion by Brian Racicot, the second by Cathy Grant, and the motion was approved.

Food Services – an update reviewed a downward trend in the numbers of meals served per year:

13-14 was 20,064  
12-13 was 18,010  
11-12 was 29,531  
10-11 was 24,790

The dramatic decrease in 12-13 was due to significant changes in USDA menu mandates for more whole grains, increased vegetable, and menu changes to emphasize healthy foods. Efforts have been made to increase breakfast participation, but the numbers have only improved slightly. There has been a trend for students to not participate in breakfast. One factor influencing this is time. Twenty (20) minutes has been added to the school day. Previously, students arrived at 8:30AM and classes with attendance started at 9:00AM and there is a new starting time of 8:50AM. Pre-school lunches are now offered to both the PreK-3 and the PreK-4 AM and PM classes.

Authorization for Sale of Food and Beverages and Fundraisers

The Board of Education annually votes to permit the sale of other beverages and food to students at “events” or “an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity”. Events include such things as a soccer game, school play or musical, a dance, etc. Soccer practice, play rehearsals, basketball practice, etc. are not events and these do not qualify.

The Board of Education as the governing authority must take this action annually to permit the sale of beverages and food not meeting the Connecticut Nutrition Standards at events if three conditions are met:

1. The sale is in connection with an event (dance) occurring after the end of the regular school day or on a weekend
2. The sale is at the location of the event and
3. The items are not sold from a vending machine or school store.

Please note that food fundraisers are allowed if students are involved in delivering the money to school for the food item and parents or other adults pick up the food items. If students are involved in delivering money to the school for the food item and picking up the food item at school to bring home, the fund raiser is selling food to students on school premises, and is not allowed.

Healthy Food Certification has been received.

Health Services Procedures are listed in the 14/15 Student/Parent Handbook.

The school nurse is required to submit an annual Asthma Report to the State Department each school year.

Physical Fitness and Health Education – B. Racicot

Last week of annual physical fitness testing – every student has participated Health Education to every grade level except 6<sup>th</sup> grade that completes the DARE program with a State Trooper

Rule change is one note per quarter from parent otherwise a doctor's note for not participating in PE classes... there are some students that do want to participate. Appropriate dress for PE requires shorts to be fingertip length

Youth Service Bureau/Local Prevention Council – A. Burrows gave an update about the activities of the YSB/LPC. Funding is secured from several sources: State YSB and Enhancement grant, contributions from the Boards of Education and Selectmen, SERAC, and funds raised from nominal registration fees. There have been a number of YSB/LPC initiatives that directly support wellness. Physical activity initiatives include: 5K Run, dodge ball, evening basketball and volleyball programs for high school students, GRASP or Great After School Program for students, and the Harlem Super Stars sports event in cooperation with the Rec Commission. Other YSB/LPC events include parent programs to promote ATODA (Alcohol, Tobacco, and Other Drug Abuse) prevention programs, survey about the needs of our youth, anti-bullying evening programs, and work to establish a Juvenile Justice Review Board. The YSB has also given support to the DARE program.

Indoor Air Quality/Tools for Schools and Safety Committee – P. Ricard noted that all recommendations for maintenance go through this committee. A. Burrows noted this committee meets on a regular basis and includes such agendas items as: *Review of IAQ/TfS/Safety processes and procedures; IAQ/TfS/Safety Webinars; Roof update; Use of Facilities; Destruction of old records; Solar Panel progress report; maintenance budget recommendations, school security improvements, and others.*

Mr. Burrows noted the IAQ/TfS (Indoor Air Quality/Tools for Schools) and Safety Committee, established in 2006, has developed and implemented a preventative and proactive program developed by the Federal Department of Environmental Protection Agency (EPA) to monitor and improve indoor air quality (IAQ) in school buildings. *Tools for Schools (TfS)* builds indoor air quality awareness throughout the school community, focuses on low-cost, common sense solutions, and encourages careful resource planning so that long-term indoor air quality issues can be remedied.

Policy #6142.101 (1-9-14) Student Nutrition and Physical Activity (see the attached)  
*No changes were recommended*

Policy #5141.6– Pandemic Crisis Response; Administrative Regulations #5141 - Crisis Response; Form Letters includes (1) First Case, (2) Initial Pandemic Outbreak, (3) Expanded Outbreak; (4) School Closure, (5) School Re-Opens, (6) Tips for Parents on Coping with Pandemic, (7) Sample Key Messages and also Appendix A -Public Health Instructions during a Pandemic and Appendix B -Stopping Germs at Home, Work, and School; Ebola Preparedness; and State and Federal “Guidance”. This policy was written to guide our school system through the whole process of a pandemic crisis.

Recess Schedule –

Ms Trakas noted daily recess is scheduled for K-8<sup>th</sup> Grades. This schedule follows through with a state mandate for daily physical activity. Our school is also in compliance with Board of Education policy requiring: (1) preventing, as a form of discipline, a student from participating in the required period of physical activity and (2) requiring any student to engage in physical activity as a form of discipline.

Promotion of Wellness Activities

The committee continues to support the promotion of wellness activities for students. A. Burrows noted there are also wellness bulletins from our health insurance carrier that distributed to the faculty and staff on a regular basis.

A school garden has been established under the leadership of Mrs. Voland and Mr. Ward. There is a review of the procedures for selling products at the farmers' market.

Food Allergies – A. Trakas

There are several students who have nut allergies. We have nut free tables at lunchtime or in the classroom when students are eating there. There are also appropriate signs in each classroom and the nurse is talking to each grade level team of teachers to review student needs. EPI pens are available.

Suggestions for the date, time, and agenda of the next Wellness Committee meeting: October 2015

The meeting adjourned at 9:45AM

*Respectfully submitted by Adam S. Burrows*