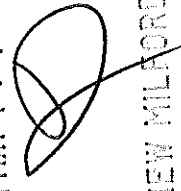


**New Milford Board of Education
Wellness Advisory Committee Minutes
May 10, 2017
Lillis Administration Building, Board Room**

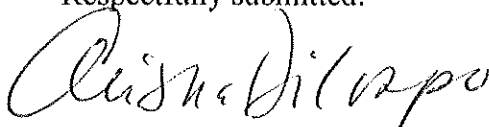
Present: Committee Co-Chairs: Ms. Alisha DiCorpo, Mrs. Laura Olson
Committee Members: Mrs. Christine Benson, Mr. Bill Dahl, Dr. Diane D’Isidori, Mrs. Susan Murray, Mrs. Jen Hankla, Mrs. Mary Orcutt, Mrs. Mariann Schirizzo, Mrs. Sandra Sullivan, Mrs. Megan Freyer, Mrs. Betsey Thibodeau

1.	<p>Call to Order</p> <ul style="list-style-type: none"> Ms. Alisha DiCorpo called the Wellness Advisory Committee meeting to order at 3:49p.m. 	<p>Call to Order</p>
2.	<p>Public Comment</p> <ul style="list-style-type: none"> There was no Public Comment. 	<p>Public Comment</p>
3. A.	<p>Items of Information</p> <p>Review of the NM Public Schools Wellness Regulation</p> <ul style="list-style-type: none"> Each member of the Wellness Committee received a packet which contained materials received from a workshop presented by the CSDE “Meeting the Updated Requirements for HHFKA”, which Ms. Alisha DiCorpo, Mrs. Laura Olson and Mrs. Denise Duggan attended, as well as the NM BOE current Wellness Policy and Regulation which are under review by the BOE. Ms. DiCorpo presented a power point on the new Wellness Regulations as well as went over the items in the packets. During the presentation Ms. DiCorpo explained that for this year, the only sub committee that needs to be formed is the “Nutrition Sub Committee” which will be chaired by Mrs. Sandra Sullivan, Director of Food Services. This committee will be geared towards recommendations to be included in classroom celebrations, items sold throughout the school day, as well as after school and fundraising and coming up with a list of healthy snacks. 	<p>Items of Information</p> <p>Review of the NM Public Schools Wellness Regulation</p> <p>RECEIVED TODAY 2017 MAY 17 P 4: 08  NEW MILFORD, CT</p>

- Ms. DiCorpo and Mrs. Olson stated that the current Wellness Committee will be evolving over the next year. Sub Committees will be forming, and she encouraged the members to join as many sub committees as they wish.
- Ms. DiCorpo gave a brief overview of the Child Nutrition Program.
- Ms. DiCorpo went over a few of the changes that need to be made to the current policy. The committee will need to recruit a PE teacher, PTO representative, as well as, a student representative to serve on the committee.
- Ms. DiCorpo stated that there will be training on the Healthy Schools Program. This will start off at the schools first, then reach out to the community.
- Ms. DiCorpo suggested some Wellness regulation considerations. The ELL Coordinator should be involved to support outreach to all parents and community members. An example of this would be a small write up in the school newsletters.
- Ms. DiCorpo went over the new guidelines in the proposed CSDE regulations for Health and PE.
- A discussion was had on one of the proposals from the CSDE, regarding having recess scheduled before lunch. Mrs. Jenn Hankla stated that she could work on incorporating recess before lunch for the elementary schools, if the current schedule would allow it, as well as the cafeteria worker's schedules.
- Ms. DiCorpo stated to the group that in revising our regulation, we don't need to reinvent the wheel. A lot of the information that we need is out there already. She stated that there are model policies included in the packet and that the sub committees could use those as a guide, keeping in mind that the policies included are for urban schools and we are much smaller so we'd have to work to bring some ideas to scale and to discuss the impact.

B.	<p>Sub-Committee Designations</p> <ul style="list-style-type: none"> • The Wellness Committee suggested that the following sub committees be formed: Communication Nutrition Promotion (Fooducate App) Wellness Opportunities for Staff/Students Marketing Outreach • A discussion on the credits at NMHS Health vs PE and what impact the new regulation will have. • There was a suggestion to bring Mental/Emotional health into the Wellness Regulation. • Dr. D’Isidori discussed the Walking Project at SNIS and how part of the success of the project was fostering individual classes to promote health and well being all throughout the year. She stated that the classroom teachers need the time and tools to be able to support this. Consistency is crucial. We should try to get other staff other than PE/Health teachers involved. 	<p>Sub-Committee Designations</p>
	<p>The next meeting of the Wellness Committee is scheduled for June 14, 2017 at which time we will have an update from the Nutrition Committee, begin populating the different committees, and working on the recruitment for the Community Outreach committee.</p>	
4.	<p>Public Comment</p> <ul style="list-style-type: none"> • None 	<p>Public Comment</p>
5.	<p>Adjourn</p> <p>The meeting concluded at 4:55 p.m.</p>	<p>Adjourn</p>

Respectfully submitted:



Ms. Alisha DiCorpo, Co- Chairperson



Mrs. Laura Olson, Co-Chairperson

Wellness Advisory Committee