




New Milford Board of Education
 Wellness Advisory Committee Minutes
 April 22, 2015
 Lillis Administration Building, Meeting Room 2

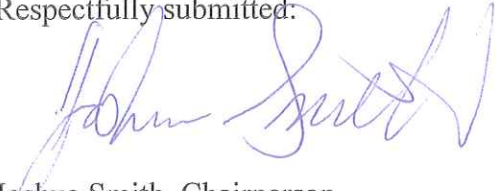
Present: Committee Chair: Mr. Joshua Smith, Mrs. Laura Olson
 Committee Members: Mrs. Christine Benson, Mr. Emmett Cole,
 Mrs. Marianne Durkin, Mrs. Suzi Greene, Ms. Michelle MacDonnell,
 Mrs. Susan Murray, Mrs. Barbara Nanassy, Mrs. Mariann Schirizzo,
 Mrs. Sandra Sullivan

1.	Call to Order <ul style="list-style-type: none"> Mr. Joshua Smith called the Wellness Advisory Committee meeting to order at 3:47 p.m. 	Call to Order
2.	Public Comment <ul style="list-style-type: none"> None 	Public Comment
3. A.	Presentation Food Services Initiatives/Updates <ul style="list-style-type: none"> Mr. Smith introduced Mrs. Sandra Sullivan, Food Services Director for New Milford Public Schools. Mrs. Sullivan told the group she would give a brief overview on the different initiatives/updates occurring in the district. Mrs. Sullivan started with the "Love Your Lunchroom" initiative. The purpose of this initiative is to improve cafeteria appearances. Mrs. Sullivan shared cafeteria pictures of Hill & Plain and Northville Elementary Schools. Updates to Schaghticoke Middle School, Sarah Noble Intermediate School, and New Milford High School are also planned. Mrs. Sullivan told the group about the Wellness Grant awarded to New Milford Public Schools. This is awarded to schools for being a "healthy" school and only 7% of schools are awarded. Mrs. Sullivan spoke about Connecticut Kids Week. This is a campaign to serve "Connecticut Grown" food products in our cafeterias. The program has been successful and well received. We also participated in a Greek Yogurt Pilot. The pilot will continue 	Presentation Food Services Initiatives/Updates   

	<p>next year.</p> <ul style="list-style-type: none"> • Mrs. Sullivan told the group that March was National Nutrition Month®. One of the ways we promoted National Nutrition Month® was by sending daily e-mail nutrition tips to all staff. The National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The theme for 2015 is “Bite into a Healthy Lifestyle,” which encourages individuals to adapt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices, and getting daily exercise in order to promote overall health. • Mrs. Sullivan told the group about the Wellness Fair scheduled for May 16 at New Milford High School. The Wellness Fair is in its tenth year. Dairy products and smoothies will be offered at the fair. • Mrs. Sullivan spoke about the National School Breakfast Program. The goal is to have all our schools provide breakfast (currently offered only at K-6 schools). The breakfast numbers at our K-6 schools are low and we are currently looking to possibly offer breakfast free to all students for a trial period. • Mrs. Sullivan mentioned that she hopes to have the ingredients in all snacks listed on our district website starting in 2015-16. 	
<p>4.</p> <p>A.</p>	<p>Items for Information</p> <p>Guidance for School Celebrations</p> <ul style="list-style-type: none"> • Mr. Smith distributed and discussed Policy #6142 Student Nutrition and Physical Activity (Student Wellness). A list of acceptable foods and beverages were also distributed. To date, end-of-year celebrations are decided at the building level. • Mrs. Nanassy discussed having reasonable solutions for school events and possibly including students in these discussions. • Ms. MacDonnell discussed her concerns for food allergies and contamination. Parents sometimes feel unwelcome during celebrations 	<p>Guidance for School Celebrations</p>

	<p>because of students with allergies.</p> <ul style="list-style-type: none"> • Mr. Smith said that the student handbook now reflects clearer language and respects all parents. We want to find common ground and keep all students safe. Some of the short-term steps include teacher involvement and a focus on our K-3 schools. • Mr. Smith said we are getting better at addressing the issues. He said as we plan for the future, we have a better understanding and more options. As we look at the end of the year celebrations, we need to reflect on our wellness policy and the state department guidelines. • Mrs. Greene added that more parents are aware of food allergies and try to be more cautious. It is just not about food, it is about safety. 	
<p>5.</p>	<p>Public Comment</p> <ul style="list-style-type: none"> • Mrs. Mandi MacDonald has three children in the district. Mrs. MacDonald commented that the conversation regarding food at school celebrations is truly emotional. • Mrs. MacDonald said she supports eating healthy but food should not be removed from school celebrations. Mrs. MacDonald said that ice cream/chips are sold in our schools yet we are not allowing those types of foods to be served during school celebrations. This seems to be a double standard. 	<p>Public Comment</p>
<p>6.</p>	<p>Adjourn</p> <p>Mrs. Mariann Schirizzo moved to adjourn the meeting at 5:05 p.m., seconded by Mr. Emmett Cole and passed unanimously.</p>	<p>Adjourn</p> <p>Motion made and passed unanimously to adjourn the meeting at 5:05 p.m.</p>

Respectfully submitted:

A handwritten signature in blue ink, appearing to read "Joshua Smith". The signature is written in a cursive style with a large, stylized initial "J".

Joshua Smith, Chairperson
Wellness Advisory Committee