

BOARD OF EDUCATION
FAIRFIELD PUBLIC SCHOOLS
FAIRFIELD, CT

Wellness Coalition Meeting

November 19, 2010

Board of Education Seminar Room
501 Kings Highway East
Fairfield, CT 06825

10:00 a.m. – 11:30 a.m.

Minutes

1. Committee Members Present: Lori Mediate, Michelle Stearns, Anne Tack, Michelle McCabe, Sara Levy, Susan Bellissimo, Analiese McCay, Joann Fitzpatrick, Vanessa Reale, Marilyn Ricci, Mary Hogue, David Abraham, Tom Cullen and Anna Cutaia-Leonard.
2. The meeting was called to order at 10:10 a.m.
3. The Wellness Coalition priorities were shared with the group again but this time in an organized manner that categorized the priorities. A recommendation was made to develop baselines on the priorities. Additionally, the committee discussed different means of communication for the work of the Wellness Coalition.
4. Tom Cullen shared a document that listed the school lunch enhancements made since July 2010. The committee discussed how to best communicate these accomplishments. Extensions to the items listed were shared and will be considered in the future.
5. Tom Cullen shared a chart summarizing the Styrofoam tray alternatives. A committee member recommended slightly raising school lunch prices to help support a different tray. Mr. Cullen shared that all school lunch price changes need to be approved by the BOE. The next step on this item will include getting sample trays and investigating how well they hold up with food on them. Additionally, Food Services will consider alternate trays in the next bid process for the 2011-2012 school year.
6. The committee shared the following as areas to discuss when reviewing the Food Services Program: review of menu items and lists of alternative items, removal of

- processed foods, how different items are being successful with students, nutrition labels, recipes, setting goals, product elimination, changes due to healthy food certification, comparison of last year's menu to this year's menu with cost differentials, and amount of food waste.
7. The following ideas were shared for improving student involvement: the program "Chefs Move", tasting and sampling of new items, the use of stickers at the elementary level (or other incentives), conduct meetings at different schools, and offering afterschool clubs on healthy eating and cooking.
 8. David Abraham provided an update on Physical Education. The CT Physical Fitness Assessment was just administered to all fourth, sixth and eighth grade students. Dwight, Holland Hill, Riverfield and McKinley held a cross country meet. Mill Hill and Burr are interested in developing a cross country team in the spring.
 9. Lori Mediate provided a Health update. Scrubby Bear lessons have been completed. She is working with the Fire Department to develop grade-specific lessons that can be used when visiting the Fire Department or when Firemen visit schools. Mrs. Mediate is also developing materials for the home-school connection using the felt food pyramid chart provided to schools this year.
 10. Each committee member will research the topic of the Whole Child and come back to the next meeting with information and a definition of the Whole Child.
 11. The recommended agenda items for the next meeting are: food service update, Easton Food Services chicken products, investigation of non-processed chicken products, lunch promoting strategies, Kids Marathon and promotion ideas and defining the Whole Child.
 12. The next meeting will be held on Friday, December 17 at 10:00 a.m.
 13. The meeting adjourned at 11:38 a.m.