

BOARD OF EDUCATION
FAIRFIELD PUBLIC SCHOOLS
FAIRFIELD, CT

Wellness Committee

Wednesday, May 26, 2010
Roger Ludlowe Middle School
689 Unquowa Road
10:30 a.m.

MINUTES

The meeting was called to order at 10:30 a.m. by Superintendent Dr. Ann Clark. Members in attendance: Lynn Damato, Anna Cutaia-Leonard, Sarah Levy, Glenn Mackno and Lori Mediate.

1. Call to order
2. Updates
 - A. Lynn Damato, RLMS Nurse
 - i. Large population here
 - ii. Many children get up late
 - a. They don't eat breakfast
 - b. They get headaches
 - c. Glenn buys them things to eat
 - iii. Some girls don't eat lunch because of concerns about their weight
 - iv. Some students don't qualify for free and reduced breakfast, but the school provides breakfast snacks for 50-100 kids a day.
 - B. Lori Mediate
 - i. Wrapping up spending the grant money received from the Smiles Award (\$5,000 for health). The teachers are enjoying being able to enrich the curriculum.
 - ii. 8th grade health exams to be given 1st marking period next year
 - iii. Big focus in nutrition in the new elementary health curriculum.
 - C. Sarah Levy
 - i. Town submitted grant for chronic disease program (diabetes); diabetes management
 - ii. Hoping to increase awareness, getting people who are prediabetic to lose weight and do 150 minutes/week of exercise
 - iii. Program for people who live and work in Fairfield
 - D. Glenn Mackno
 - i. Talked about responding to students' needs
3. Wellness Policy Subcommittee
 - A. Next meeting June 4, 2010
4. The meeting adjourned at 11:20 am.
5. Next meeting June 16, 2010 @ 10:30am – 501 Kings Highway East – Superintendent's Conference Room.