

BOARD OF EDUCATION
FAIRFIELD PUBLIC SCHOOLS
FAIRFIELD, CT

Wellness Coalition Meeting

September 17, 2010

Instruction Office Conference 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, Dave Abraham, Sara Levy, Joann Fitzpatrick, Tom Cullen, Vanessa Reale, Mary Hogue and Anna Cutaia-Leonard. Also in attendance: Sands and Marilyn Rickey Cleary.
2. The meeting was called to order at 10:05 a.m.
3. Tom Cullen shared that the district had partnered with the Fairfield Health Department to develop school garden guidelines. As part of those guidelines the soil of the gardens was tested. Sands Cleary shared the process of the soil testing and also shared the results. The results will be shared with school administrators and parents.
4. The committee shared their perspectives on the mission of this group:
 - Monitor and support the wellness policy
 - Focus on meeting the needs of the whole child—nutrition, exercise and being custodians of our environment
 - View all aspects of health as impacted by various aspects of our school system
 - Be a voice for students
 - Provide a health perspective in all educational discussions/plans
 - Move away from serving processed foods toward freshly prepared foods by conducting food reviews, conduct status of kitchens, review staff training
 - Investigate healthy lunch promoting strategies
 - Explore integration of cafeteria and education and home (cafeteria as classroom)
 - Replace the hand sanitizer

- Implement hand washing before eating snack and lunch in the elementary schools
 - Consider alternative options to Styrofoam serving trays
 - Explore how the PTA can support food nutrition
 - Get physical activities integrated at school and home
 - Share information with other administrators
 - Collaborate with other organizations
 - Discuss strategies for students with food allergies to navigate the menu
 - Discuss coordinated school health program
 - Discuss offer vs. serve (fruit & veggies on the plate)
 - Discuss the amount of time students have to eat
 - Encourage student involvement
5. Joann Fitzpatrick introduced the newly hired Food Services Dietician, Marilyn Rickey.
 6. Joann Fitzpatrick gave an update on the healthy food certification. All cafeterias are transitioning to meeting all requirements. A Powerpoint presentation was shared with principals.
 7. Tom Cullen provided an update on the implementation of CT Public ct #09-81 an Act Concerning Green Cleaning. The act is summarized on page 36 of the Fairfield Public Schools Family Guide.
 8. Tom Cullen shared an update on the use of the current hand sanitizer. Consultation was sought from the Town of Fairfield's doctor. The decision was made to keep the current product while continuing to research alternative products.
 9. Lori Mediate shared that the elementary health curriculum was being updated. The curriculum will be presented to the BOE in March 2011.
 10. The Physical Fitness Assessment will be administered in grades 4, 6, 8 and 10 from September to November. Fairfield is hosting a kids marathon on May 14, 2011 at Fairfield Ludlowe High School.
 11. Sara Levy shared the dates for the Flu Shot Clinic and an opportunity when residents can turn in their unused medications for discard. Additionally, the town is funding ACT grant opportunities for the spring 2011.
 12. Future meetings have been scheduled for 10:00 am on the following dates:
 - October 29, November 19, December 17, January 21, February 18, March 18, April 15, May 20 and June 10.
 11. The meeting adjourned at 11:40 a.m.