

BOARD OF EDUCATION
FAIRFIELD PUBLIC SCHOOLS
FAIRFIELD, CT

Wellness Committee

Wednesday, February 24, 2010
Education Center
501 Kings Highway East
Superintendent's Conference Room
10:30 a.m.

MINUTES

The meeting was called to order at 10:30 a.m. by Superintendent Dr. Ann Clark. Members in attendance: David Abraham, Ann Clark, Anna Cutaia-Leonard, Sarah Levy, Michelle McCabe, Lori Mediate, Teresa Samuelson and Ann Tach-Echel.

1. Updates from the Schools and Programs
 - a. Town Health Department produced a brochure on "A Weight Management Guide to Dining Out" which will be on the Town's website. It will be shared with PTA Council.(Hand-out attached).
 - b. We have received a grant from Proctor&Gamble/Crest because Julie Chu is in the Olympics and she went to school here, so we are getting \$10,000 (\$5,000 for PE and \$5,000 for health).
 - c. Norma Peterson gave us information about a grant; we applied to FEMA and we got it! There will be a one hour lesson for all grade 5 students on how to deal with home emergencies. Each child will receive a small kit. Nurses from Fairfield University will deliver the program.
 - d. All of the schools participated in *Jump Rope for Heart*; gardens are doing well; NSS putting up NO IDLING signs where parents pick up their children; interest in green cleaning.
 - e. March 27, 2010 10am-4pm at FWHS, "Food for Thought Expo". Many people will be providing resources and information about healthy eating.
 - f. Fuel for Learning – working hard. Interest in talking more about allergies.
2. Wellness Policy Subcommittee – moving forward
 - a. Raising awareness amongst staff, ask administrators to review wellness policy with staff.
 - b. Sharing health and wellness information with families.
 - c. Development of a protocol to investigate food ingredients. First one is trans fats.
 - d. Hand washing procedures – needs to be reinforced, will be discussed by elementary principals on 2/25/10.
 - e. Also partnering with PTA to develop guidelines for school gardens.
 - f. At Subcommittee meeting on March 5, 2010, will continue discussion about removing trans fats from school lunches. Want to add a physician and a nutritionist to the subcommittee.
3. Other
 - a. Green cleaning law – October 2011. Subcommittee to talk about it at next meeting.
4. The meeting adjourned at 11:20 am.
5. Next meeting March 24, 2010 @ Fairfield Warde High School.