

BOARD OF EDUCATION
FAIRFIELD PUBLIC SCHOOLS
FAIRFIELD, CT

Wellness Committee

Wednesday, April 28, 2010
Fairfield Ludlowe High School
785 Unquowa Road
Headmaster'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, Anna Cutaia-Leonard, David Ebling, Charlie Fax, Evan Flatto, Joann Fitzpatrick, Jonathan Goldowsky, Sarah Levy, Lori Mediate, Lauri Sheets and Zach Tobin.

1. Call to order and introductions.
2. Updates from the Schools and Programs
 - A. Students
 - i. Physical Education
 - a. PE teachers are really nice, they get everyone involved
 - b. We like having so many options
 - c. We like the in house tournaments – they develop community spirit
 - d. Everyone loves gym
 - e. Good fitness programs
 - f. Teaching lifetime fitness habits
 - g. Intramurals are really fun
 - ii. Health
 - a. A bit repetitive, but very informative
 - b. Drug prevention programs are good
 - c. Teachers keep you involved
 - d. Curriculum thorough
 - e. Dealing with divorce would be a good topic; dealing with problems at home
 - f. Talk about marriage
 - g. Teachers are really personable, will help you all throughout the day
 - iii. Food Service
 - a. “I love cafeteria food.” The foods are fresher.
 - b. Could be more environmentally friendly
 - c. We really like the Asian bars, the wraps, the deli bar, the big cookie and all of the choices
 - iv. Recycling
 - a. We could do a better job with this
 - b. We should conserve paper and use scrap paper more
 - B. Food Service
 - i. Students, responding to Joann, like the vending machines a lot and appreciate the lunch options
 - C. Health Department

- i. Weight loss/nutrition program going well – 15 FPS personnel involved with the program
 - ii. Developing a program with the library for next year on wellness issues
 - iii. Next year will do a program on diabetes
 - D. PTA Council
 - i. Green Village Initiative – got funding for school gardens
 - E. Health
 - i. Common grading between the 2 high schools discussed
 - ii. 5th grade Family Life program going really well. 350 parents attended a meeting last week.
 - iii. STEP (emergency preparedness) program is going well
 - F. Physical Education
 - i. The grant money is really helpful at the high school, purchasing heart rate monitors.
 - ii. Fourth quarter classes going well
 - iii. Working on grading guidelines
 - iv. May 5 – all students exercising together (K-5)
- 3. Wellness Policy Subcommittee
 - A. Food services looking at trans fats
 - B. Joann found a vendor to do whole wheat, no trans fat pizza; now looking at cheese – healthier options
 - C. Looking at hand sanitizer ingredients
- 4. The meeting adjourned at 11:30 am.
- 5. Next meeting May 26, 2010 @ 10:30am – Roger Ludlowe Middle School – 689 Unquowa Road.