

BOARD OF EDUCATION
FAIRFIELD PUBLIC SCHOOLS
FAIRFIELD, CT

Wellness Committee

Wednesday, June 16, 2010
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: Dave Abraham, Anna Cutaia-Leonard, Sarah Levy and Lori Mediate.

1. Call to order
2. Updates
 - A. Town
 - i. Evaluations of Spring Lean & Lively Program were overwhelmingly positive; people described the changes they've made in their eating habits
 - ii. Next program to focus on diabetes, 16 week program for adults
 - B. Physical Education
 - i. Spent all of the grant money from Proctor & Gamble
 - ii. It was a great year
 - iii. More elementary schools doing running programs
 - C. Health
 - i. Spending the Proctor & Gamble grant money: focusing on the food pyramid at 3rd grade
 - ii. Nurses from Fairfield University enjoyed working with the 5th graders on emergency preparedness
3. Wellness Policy Subcommittee
 - A. Regulations/policy/guidelines on using school grown produce in our cafeterias
 - B. Fuel for Learning would like every school to have a garden
 - C. Looking at cheeses we use, trying to reduce trans fats
 - D. Online access to nutritional information, keeping food service information consistent
 - E. Discussed the hand sanitizer we are using, want us to get rid of what's left
 - F. Still some schools using food as a reward and taking recess away as a punishment
4. The meeting adjourned at 11:00 am.