

BOARD OF EDUCATION
FAIRFIELD PUBLIC SCHOOLS
FAIRFIELD, CT

Wellness Coalition Meeting

October 29, 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, Sara Levy, Susan Bellissimo, Analiese McCay, Joann Fitzpatrick, Tom Cullen, Vanessa Reale, Marilyn Ricci, Tom Cullen and Anna Cutaia-Leonard.
2. The meeting was called to order at 10:08 a.m.
3. The committee took part in an exercise to help prioritize the work and goals identified in the last meeting. The areas for priority are listed below.
 - 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
4. Analiese McCay provided an update on school gardens. Work is being done to get a school garden at every school. Additionally, a lot of work is being put into developing grade appropriate activities related to the garden. The Instructional Office will be developing curriculum connections to the gardens in the future. Guidelines have been developed by Fairfield Public Schools and already shared with the schools and PTA Council.
 5. Joann Fitzpatrick gave an update on the Healthy Food Certification. The cafeterias are doing a review of snacks and beverages being served. Fairfield Ludlowe High School is conducting a survey that will be distributed in homerooms asking students about what food choices they like and what they would like to see offered. A discussion was had on current progress on improving food quality in the cafeterias.
 6. Michelle Stearns asked that we conduct some cost analysis on the different alternatives to Styrofoam trays. Joann will provide that information at the next meeting.
 7. The next meeting will be held on Friday, November 19 at 10:00 a.m.
 8. The meeting adjourned at 11:35 a.m.