

**Nyack Public Schools
District Wide Wellness Committee
SHAC: School Health Advisory Committee**

Meeting Notes: May 5, 2008

Attendees:

B. Zifchock Dir. PEHWA

S. Juechter: VCE, PTA; Nutritionist

C. Steindorff: RC Health Dept.

J. Marsico: Aramark

C. Clarke: NPS Board Member

J. Kassel: Family Resource Ctr.

L. Fleming: PTA

J. Donaldson : Health/PE Teacher

J. Meyer-Hindin: Dentist- PTA

C. Martin: Student

Absent with Notice:

A. Oakley: VCE PE Teacher

A. Collazuol: School Nurse

M. Madan: Social Worker

P. D'Auria: School Nurse

M. Lynn: School Nurse

Guests:

G. Menoutis: District Treasurer

C. Millsaps: Assistant Supt.

J. Halstead: Consultant

N. Czyzak: Aramark

K. Jordan: Parent

Welcome, Introductions and Opening Remarks

Bob introduced and welcomed members to the meeting. He noted and called members attention to a Wellness Symposium May 7, to be held the Fieldstone School. Presentations include presentations by a Superintendent and his perspectives on SHAC, Rock-On-Café (a Broome County program) and etc. All are welcome to attend.

Meal Charge Policy

Carleen Millsaps, Assistant Superintendent, provided materials and gave presentation regarding Board of Education policy.

- A copy of Policy 8505 – Charging School Meals, was distributed to guest and members.
- No child denied a meal
- \$1,000 is the unpaid balance last month at the HS. Now it is down to \$800.
- Julie- how do other districts handle bill collections?
- Carleen & Jim – Other districts do the same – use school staff to work with family

Pilot 100% Juice Products – Discussion

- Aramark is considering/piloting 100% juice products 12 ounce or less.
- Karen Jordan – City schools are phasing out juice and chocolate milk products. PS 23 has done away with juice and chocolate milk products.

- Offer whole fruit in both meals.
- Noreen- need to offer something or kids will go off campus
- Claudette – We must set the example. Need to do an education piece for home. Change comes in small steps.
- Karen- Marketing is key. We need to make foods enticing
- Cory – kids need a larger quantity beverage
- Claudette – We need education so kids know why these healthy changes are important. Healthy curriculum has to be worked into classes – PE/Health
- Bob – the MS and HS do menu-planning lessons with students. They do a school menu. Samples has been sent to Judy to see what students are thinking
- Carleen – Current Wellness Policy allows for 12ounces in High School
- 8 ounces for Elementary School. We are locked into 12 ounce until we bid again.
- Carrie – Rock- On-Café meeting might bring in new options. Fifteen districts have managed to completely change their menu and they have great participation.
- Cory – can't take out all unhealthy choices because kids should be able to make choices.
- Peggy – The job of the school is to offer healthy choices. Students can make other choices outside of school.
- Karen – need to partner with community to offer healthy choices, re: “Moes”

Product Review (High Fructose Corn Syrup)

- The committee was provided a list of products that contain high fructose corn syrup for it to review.
- Carleen – High fructose corn syrup. Government is using 30% corn products to create ethanol. Food prices are rising. See sheet on high fructose corn syrup prices.
- Julie – asks Karen how participation in milk consumption was effected in city schools.
- Karen – conducted phase-in starting with Kindergarten- no chocolate milk. Must use good marketing for this to be successful.
- Peggy- In deciding which items to prioritize for taking out high fructose corn syrup, we should look at food most highly consumed.
- Carleen- Next time we go to bid, we do base bid, then alternate with some high fructose corn syrup, then alternate with no high fructose corn syrup.
- We need to balance what families can afford.
- Need to also look at serving size.
- Options: No High Fructose corn syrup or juice free and offer fresh start
- Judy – only canned pears have high fructose corn syrup
- Susan-School lunch programs still go by “80’s” RDA. We need to catch up.
- Carleen- As food costs go up, we'll get less and less from the government.
- Judy- Very few offering of fresh fruit from the government.
- Carleen- A-la-carte items are easy to change because they can just pay more.
- Peggy – Plan to make changes in elementary schools within two years
- Claudette- Start with milk- phase in that first
- Carleen- No chocolate in elementary. 1% only. Start with that.
- High Fructose Corn Syrup Priorities to get rid of: Ketchup and
- Carleen- Why not get rid of choice between juice and fruit
- Karen- Need to do a lot of education before making changes.

Community Comments

- There were none.

New Business

- Bob- Liberty has planned and is holding a Health Fair this coming Friday – May 9, starting at 9am.
- Committee suggested that “Health Fairs” should be an agenda item for next month’s meeting.
- Karen- NYC districts got rid of chocolate milk, are peanut free, and have no snack except for Pre-K,
- ½ café. Goes outside first- then flip flop. Increased problems.
- Sports at lunchtime are organized.
- No Birthday parties
- No bake sales
- Teachers are not allowed to use food as a reward.
- Healthy Choice Curriculum mandated by state.
- Change is slow.
- Bob- Surveys in MS have been crunched – useful info.
- Karen – Why not join committees instead of having committees work in isolation. Policies of Wellness Committee should be in the Code of Conduct.
- Julie- some items like “no bake sales” not using food as a reward have been talked about for a long time. Why aren’t they being implemented?
- Peggy – These items are in Wellness policy. Need to re-look at policy.
- Claudette- Need to start with education. Presentation, visual display.
- Mini presentations to kids.
- Teachers and staff need to be role models in terms of wellness, too.
- Roll out to all schools.
- Cory- Bake sales are very important for income at the HS
- Karen- Bake sales don’t make that much money. Need to explore other options.

NEXT MEETING DATE & LOCATION

June 2, 2008 – Board Room