

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

Draft

Meeting Notes: June 2, 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: Dir.of Family Resource Ctr.
L. Liggio:PE Teacher
A. Collazuol: School Nurse
K. Jordan
J. Meyer-Hindin:Dentist- PTA

Absent with Notice:

C. Martin
M. D'Auria
J. Donaldson
M. Lynn

K. Trentacosti
L. Fleming
A. Oakley

Bob - Welcomed everyone to the meeting and passed out handouts. He noted and read from a handout that the District is putting Food Service back out to bid. The bid will be in a tiered format with three different bidding options. Comments and/or suggestions were open to the floor. No comments were offered by the group.

Student Wellness Fair: Lou Liggio, PE Teacher at Liberty Elementary, briefed the group on challenges and successes that they have with putting on a student wellness fair.

Challenges:

- Scheduling of students
- Goal is for every student to attend
- Each presenter worked with group for about seven minutes.
- Getting people to show/present
- Each grade has 45 minutes, time for volunteers to be present

Successes:

- Business are willing to participate
- Yoga
- Galaxy Gymnastics
- Informational Based Material– Hospital, Nurses...First Aid, Nutrition, Tobacco
- Ambulance on site
- Medicac Helicopter was scheduled but rain forced it to cancel and come at a later date
- Kids look forward to coming
- Promotional fliers were presented
- Information available for kids to be active over the summer

Committee comments on the student health fair:

Carrie...How many stations at a time?

Julie...Do some activities take longer?

Claudette...Does every station do a demo? Are there town sponsored programs to help parents with economic needs?

Julie...Star Program – teaches kids at the Palisades Mall to skateboard and ice skate

Karen...We have a multicultural health fair at PS 23 on Saturday

Susan...How do we unify our efforts for the District to do Health Fair? Permit for Rockland Lake Park

Julie...Ready Feast – Information and activity

Claudette...We need a committee to pull this off District wide

Future Meetings Discussion:

Bob – What is the pleasure of the group?

Susan – Spoke about the Hudson Falls success. SHAC is championed by the staff

- Integrated into the work day
- Provide substitutes for teachers
- Faculty must be involved

Julie – VCE has SHAC Meeting...Is there a time during the day?

Karen – Break-up into subcommittees

Claudette- Education for staff, allocate time for wellness

- Time for staff meeting during the day
- Staff needs to buy into

Susan & Claudette – Is there a model for coordinated school health?

Carrie – It's about a system approach

- People at table need to represent all areas
- Different needs

Claudette- Implementation model

Bob- I believe our focus should be get each school to ensure that each building has a working committee

Susan – Road block is time

- Need to meet during the day

Annie – Get Superintendent to promote each

- What's appropriate?

Susan - All committee members need to show-up prepared to present and accountable for an area when we break in sub-committees

- A sub-committee will meet over summer to prepare information
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Planning for Freshman and Sixth Grade Orientation:

It was decided to use the same PowerPoint presentation and video tape as last year. Bob will e-mail previous PowerPoint presentation to Claudette and reminding the building assistant principals/principals of our request.

Membership

Potential new members were presented to the group. The group expressed interest in making sure we continue to recruit new members so that the Coordinated School Health and its eight modules are represented.

New Business

Carrie shared with the group a food and nutrition service request for public comments

NEXT MEETING DATE & LOCATION