

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

Meeting Notes: March 31, 2008

Attendees:

B. Zifchock Dir. PEHWA	C. Martin: Student
S. Juechter: VCE, PTA; Nutritionist	A. Collazuol: School Nurse
C. Steindorff: RC Health Dept.	L. Fleming: PTA
J. Marsico: Aramark	J. Donaldson: Health/PE Teacher
J. Kassel: Dir. of Family Resource Ctr.	M. Madan: Social Worker
C. Clarke: NPS Board Member	M. Lynn: School Nurse
P. D'Auria: School Nurse	J. Meyer-Hindin: Dentist- PTA
	E. Feiner: PTA

Absent with Notice:

K. Trentacosti: PTA	K. Meyerson: School Nurse
L. Pakaln: Teacher	

Guests:

G. Menoutis: District Treasurer	J. Halstead: Consultant
C. Millsaps: Assistant Supt.	N. Czyzak: Aramark

FOOD SERVICE

- Carleen Millsaps introduced Jim Halstead, Gloria Menoutis, Noreen Czyzak, Judy Marsico. Stated that we all meet on a monthly basis.
- Carleen discussed the information she presented at the Budget Presentation Board Meeting. Highlights included:
 - School Lunch Program is highly regulated and audited by NYS Education Department and USDA
 - Financing of a School Lunch Program (must be self sufficient).
- A copy of the last Food Service Management Company Bid was distributed to the Wellness Committee.
- The Committee asks Aramark to look into cost of products:
 - No high fructose corn syrup (chocolate milk)
 - Hormone free milk
- Must make sure the school lunch prices are within the means of the community. Must consider cost of products that do not contain high fructose corn syrup, hormone free milk, etc.
- On May 7th, 2008 from 3:30-8:00 at Fieldstone Elementary School (No. Rockland SD) the Rockland Teacher Center of Rockland 21C will be presenting the "Rock On Café" symposium. "Steps to a Healthier New York."
- The district receives funds for each free lunch.
- The district pays Aramark
- TVP - textured vegetable protein
- Nyack strictly adheres to FDA and State Guidelines

- Peggy said some kids complain about the price of a lunch, which is a problem because they can't afford lunch.
- Corey stated \$2.50 is expensive for some students, and some students pay for their own lunches.
- Claudette- it is up to the school district to provide a quality lunch
- Carleen – We meet all State and Federal regulations.
- Claudette- There is nothing unhealthy with Soy products.
- Carleen- Textured Vegetable Protein (TVP) is in a couple of products; however, they are not served every day. We may have to ask for further clarification. We will continue to research this issue.
- Julie- Bagel with margarine, the size of the bagel is the issue
- Carleen- Please call Judy to see if there is an issue serving these.
- Aramark contract is not up for revision or re-negotiation. It is up for extension at CPI or the District goes back out for bid. Aramark has stepped up to the plate and delivered/meeting our policy guidelines.
- Susan – High fructose corn syrup, is this up for negotiation?
- Carleen – As supposition, we would have to rebid, however, Judy can look for other products within her food budget.
- Liselotte – Is the milk hormone/antibiotic free?
- Carleen – Again, Judy can research to see if we can find a product within the budget.
- Claudette – How many homes are organic? We want balance. There are many different factors involved to provide the best possible quality food.
- Susan – If all of Rockland County schools had a contract
- Carrie- In Broome and Tioga counties, they have a unified front – “Rock On Café”. All schools use some. They will present at May 7th Symposium.
- Claudette- Aramark – So Orangetown, Nyack and Ramapo
- Susan – How do we go about it to get what we want in terms of foods?
- Carrie – Think about all Rockland County schools doing “Rock On Café”.
- The Symposium is at Field Stone Elementary on May 7th 3:30 – 8:00.
- Carrie – Healthy Schools/ Healthy Lifestyles is at jump off point to create a county SHAC group.

FOOD ALLERGIES

Question raised regarding how we handle food allergies

- Policy handed out and reviewed
- Keep written documentation
- Elementary Schools have a peanut free tables
- HS and MS do not have peanut free tables, as students get older they are able to self-manage their allergies.
- Peanut free food handling – foods are prepped free from peanut products.
- May 22 Superintendent's Conference Day – staff will do allergy training and Epi-pen certification.

COMMUNITY COMMENTS

- No community comments.

BOARD OF EDUCATION REPORT

- Bob provided the group with a copy of the Board of Education report and noted that administrators throughout the District are required to give periodic department level reports to the Board.
- Wellness committee members would like notification in the future when such reports are submitted for Board review.
- Bob agreed, in the future, to notify the group when a report is submitted.

NEW BUSINESS

- Emily – Food Allergy – Celiac Disease
- Autoimmune education – Can we educate the staff regarding celiac?
- Bob – This committee is responsible to take back to the community information learned/shared here at our meeting, as well as to bring back information. We do not set policy on this table. The SHAC is an advisory only group – it provides recommendation, which is my responsibility to bring to the administrations’ attention. The Board of Education, through recommendation by administration to Superintendent, sets policy.
- Peg- Sports forms (Health History) changed, added allergy section.
- Bob – Website is up and running. Internet links are available for nutrition and physical activity. It is a step in the right direction
- Ann brought to the group’s attention a resource guide Bob shared with her. Bob will bring the Nutrition Resource Guides – Elementary and Secondary editions. It is the product of the Heart Links Project and can be shared with this group, but not copied
- Nurses – can put together a page of needs for allergies and how the district is meeting them. The nurses will give this to Bob.
- A teacher cannot come on Monday’s because of meeting for contract negotiations.
- Emily – It is difficult, we are all busy – between meeting and school – parents are busy. Perhaps we have to address a different day or time for April and May.
- Two members asked to be taken off the list for health reasons. Kathy Meyerson and Laura Pakalan. Another member has a childcare problem, scheduling meetings to accommodate the group’s needs has been difficult.
- Bob – Does anyone wish to leave this committee who has completed their two-year commitment? There are other people in the community who want to join.
- Try to find out from committee members who are not attending, what dates are good for them.
- Bob- Let’s deal with our meeting times and dates in the short and long term.
 - Short term – last two meetings
 - Long term – Next year needs to be a separate discussion
 - Short term – Our next two meeting dates changed to May 5th and June 2nd, 4-6pm, by mutual consent of the group.
- Next agenda items/materials
 - Bob to bring Nutrition Resource Guides
 - Five-year planning (team discussion/separation)
 - Future (2008-09) meeting discussion

- Bob reminded us of - **OUR GOAL** - Come up with an implementation plan to submit to administration and Board of Education for review and action
- Are we making decisions in a vacuum and not being in touch with our community's needs?
- Peg- E-mail for grant/grant writing workshop - \$600 training
- Julie Kassel- at Valley Cottage Elem. – Birthdays- too many sweets and junk food
- The problem is bringing the community along- groundwork to parents
- PTA-Wellness Committee – do all schools get info back
 - VC – yes
 - Liberty- No (Emily said that she is on the wellness committee)
 - Please bring in parents and teachers
 - Minutes get posted on the website
 - Communication is the hardest hurdle to get over - Is it only like this at Nyack?
 - Meeting, e-mail, flyers, newsletters - there is always a problem getting people to come out to a presentation.
- J. Kotorac gives an excellent presentation on steroids.

NEXT MEETING DATE & LOCATION:

May 5 and June 2 – Board Meeting Room