

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

Meeting Notes: February 25, 2008

Attendees:

B. Zifchock Dir. PEHWA	C. Martin-Student
S. Juechter: VCE, PTA; Nutritionist	P. Thakur-Student
C. Steindorff: RC Health Dept.	L. Fleming: PTA
J. Marsico: Aramark	J. Donaldson : Health/PE Teacher
J. Kassel: VC Family Resource Ctr.	M. Madan : Social Worker

Absent with Notice:

A.Collazuol: School Nurse	A.Oakley: PE Teacher
M. D'Auria: School Nurse	K. Meyerson: School Nurse
K. Trentacosti: PTA	

- Meeting Location t/b/a as Bob is trying to locate an available room. Meeting dates are March 31, April 28, and May 19.
- Introductions were made and HS students were welcomed. Participants were encouraged to read previous meeting minutes and review assessment record. Corrections to minutes noted.

Discussion Coffee – Methods of Decaffeination

- Bob began discussion re: coffee decaffeination process. Essentially there are three methods: 1) Organic Compounds 2) Swiss Method 3) Carbon Dioxide. Preferred method is the Swiss Method. There still is caffeine in decaf coffee despite decaffeination process.
- Julie provided group with articles re: dangers of decaf. Corey Martin referenced articles supporting caffeine. Discussion followed re: medical and ethical dilemmas relating to caffeine use. Group exchanged varying opinions. Judy expressed concern re: portion size, increased cost, decreases sodium levels which kids have complaints about. Judy adds that coffee was previously served. Judy wanted to upgrade quality of coffee and stopped serving it as committee was discussing health benefits/disadvantages. Discussion ensued regarding moderation and American culture. Corey mentioned safety benefit to serving coffee and keeping kids on campus, as many kids tend to go off grounds to Dunkin donuts.
- Coffee-do we want (or not) 100 mg per day. We want to but how much is acceptable. Judy wanted to upgrade, but decided to remove from menu.

- Hot chocolate not recommended for sales since it is unhealthy.
- Hot cider was recommended during the fall to see how it sells.
- Lisa suggested that we sell the same coffee, just in smaller portion sizes at the HS.
- Lisa suggested that we find out how many mg's of caffeine are in coffee we sell. Bob and Lisa suggested that we add teas: (herbal, black teas) 8 oz. to see how they sell.

District Health and Wellness Web Page

- Bob discussed the website for the Health and Wellness Committee and asked the group if anyone has any healthy lines to add to the school website.
- Susan informed the group that there is information that can be added to the web page and provided group with information from Berkley School District.
- Susan told committee to take a look at Berkley School web site; they have a menu posted online, with innovative strategies to promote fruit and vegetable consumption.
- Ann Cooper of Berkley Public Schools has used a lot of appeal to sell and improve menu. Susan suggested that we look into how much it would cost to have Ann Cooper speak to Wellness Committee.
- The HS cafeteria is not conducive for students; lines are long, which takes time away from lunch period.

Five-Year Planning

- Bob suggested that we look at the School Health Index Modules, evaluate strengths and weaknesses and provide suggestions for improvement of programs for our District 's five-year implementation plan.
- The group decided that it would be advantageous to print questions for each module – too many pages to print. Bob went through all questions using computer for module three.
- Fitnessgram and Physical Best are recognized fitness testing programs by the State and National associations. Our PE Department and Administration need to decide on which recognized program is best for Nyack, then follow-up that up with staff development for teachers before program implementation. District PE teachers are currently using the Presidents Challenge.
- Cory (student rep) was asked what extra-curricular activities are available for students from 2:15 – 3:00. Bob suggested we include an Intramural Program in our implementation planning.
- Cory suggested that we have open time after school – “open gym” for students to participate in physical activity.
- Bob informed committee that Senator Monahan approved a grant for improvement of the weight room at Nyack HS. Bob showed the committee an example of the weight room that was posted on the district website.
- P.A. 17 – module #3, Bob and J. Donaldson think grade should be a #2 not a #1.

- K-12 Physical Education Curriculum should be put into place for developing a comprehensive curriculum in PE. District is currently working on curriculum during Supt. Conference Days, according to Bob.

Next Meeting Dates:

March 31

April 28

May 19