

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

**Meeting Notes: October 15, 2009**

**Attendees:**

J. Sigillo Dir. PEHWA	B. Christner
S. Juechter	G. Shelley
C. Clarke	J. Kotorac
C. Steindorff	J. Kassel
P. D'auria	
L. Flemming	

**Absences with notice:**

J. Marsico	C. Collazo
J. Meyer-Hindin	A. Oakley
K. Trentacosti	
D. Brega	C. Collazo

**1) Informational Items**

- a) Members introduced themselves and stated what building and/or committee they were representing. There was a question as to who else is on the Physical Activity Committee. Joe Sigillo mentioned that Christian Collazzo and Dawn Brega both could not be present due to their coaching responsibilities.
- b) **School Health and Wellness Coalition** Carrie introduced and gave background information on the Rockland County School Health and Wellness Coalition (SHWC). Carrie also introduced Becky Christner from Rockland 21 C and discussed the collaboration between the two programs. The SHWC has three goals; **1.** creating a guide for local Fieldtrips, **2.** Promoting the Family Meal, and **3.** providing Professional Development. A flyer for the upcoming Workshop on Healthy Fundraising (November 4th, 7-9 PM, Rockland BOCES conference center) was distributed. A discussion was held on how to share the info from the workshop with our student body and clubs. A consensus was reached that the best way would be for the leaders of each club to meet to get a summary of the workshop. Joe and Carrie will work to organize this, hoping to utilize the presenter's PowerPoint. A separate discussion was held outlining the challenges we face with fundraising and alternative methods. This led to a suggestion that a student should be on the district Wellness Committee.
- c) **Loose To Win:** Peggy introduced the program stating that it is set to begin at NHS on 11/10 meeting one day/week after school. 22 students meet the BMI criteria and willingness to participate. All felt it was a great step.

Peggy mentioned that only 15 students with parental consent and medical clearance will be in the program.

- d) **Restaurant Survey:** Peggy distributed a survey that will go to HS students in an attempt to find what healthy choices students want on menus at local eateries.

## 2) **Action Items**

- a) Communication forms were approved at the district level. The first recommendation from the District SHAC will be combining the building level SHAC's with the Safety Team meetings.
- b.) **Future Meetings.** Joe stated that he wanted to meet monthly and wants to explore the possibility of having students attend meetings. The proposal would move the meetings from building to building allowing the students to attend. The challenge here will be starting time to allow students and members to attend. Joe also mentioned a desire to increase membership and attendance at meetings and to include new members who represent the diversity of our district.

Future Meeting Dates (fourth Tuesday of every month)

- **November 24, 2009, 4:30 – 6:00 PM, Administration Building**
- **December 22, 2009, 4:30 – 6:00 PM, TBA**
- **January 19 , 2010, 4:30– 6:00 PM, TBA**
- **February 23, 2010, 4:30 – 6:00 PM, TBA**
- **March 23, 2010, 4:30 – 6:00 PM, TBA**
- **April 20 2010, 4:30 – 6:00 PM, TBA**
- **May 25 2010, 4:30 – 6:00 PM, TBA**
- **June 22 2010, 4:30 – 6:00 PM, TBA**