

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

Meeting Notes: November 24, 2009

Attendees:

J. Sigillo Dir. PEHWA
A. Rodriguez – Student Rep
M. Lynn
C. Steindorff
P. D’auria
C. Collazo
L. Flemming

S. Juechter
G. Shelley
J. Kassel
D. Brega
J. Marseco

Absences with notice:

J. Kotorac

1) Informational Items

- a) Carrie Steindorf – Health Fundraising Workshop. Carrie presented on the workshop. Feeling was it went well but the presentation was preaching to the choir. Some in attendance felt they got a lot out of the workshop; others did not. People opened their eyes, once the connection that Physical Activity and nutrition impact student achievement was made. Haverstraw middle school was highlighted for a Turkey Trot which raised \$1200.
- b) Joe Sigillo – Physical Activity Fundraisers. Pam Kotorac of the senior class is organizing healthy, physically active fundraisers such as badminton, softball, and volleyball tournaments to raise money for the Prom.
- c) Peggy D’Auria – Loose to Win Update. Nyack Hospital is learning that it is harder to keep the students involved and motivated. They have only worked with adults in the past. They are changing the curriculum to meet the demographic population. They are focusing their efforts on portion control as opposed to changing trends. Need for a parent class.
- d) Allie Rodriguez – Student Rep. was introduced and spoke about the HS Student Wellness Club. Their first meeting is Tues. 12/8. Suggestion was made to include a wellness page in the school newsletter.

2) School Committee Updates

- a) Middle School – Christian Collazo and Miriam Lynn spoke of their wellness team which consists of 5-6 members.
- b) Upper Nyack Wellness meetings scheduled alongside of Nutrition Meeting.
- c) Valley Cottage – Has a Health and Wellness Committee with children involvement. They are currently focusing on their court yard. Exploring a health fair. Suggestion made to speak with Lou Liggio about Liberty’s Health Fair.

- d) Nutrition Committee – Group met and brainstormed what scope of the committee would be. Met to identify criteria's. Reminder that the committee is not implementers but are advisors to raise awareness.

- e) System Team Report – Will be using a School Wellness Evaluation tool on our current policy. The System Team will evaluate and then send information to sub-committees who will come back with recommendations for the January Meeting.

NEXT MEETING 1/20 at 4:30 (I have a home bball game on 1/19!!!!)