

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

Meeting Notes: March 12, 2007 5:00-7:00 p.m., Administration Building

Attendees:

B. Zifchock: Dir. PE, Wealth, Wellness & Athletics	J. Hindin: UNE, PTA, Dentist
S. Juechter: VCE PTA, Nutritionist	L.Fleming: UNE, PTA
C. Steindorff: RC Health Dept.	J. Marsico: Aramark
M. Madan: NPS Social Worker	A. Collazuol: St. Paul's, nurse
P. D'Auria: HS, RN	J. Donaldson: MS, PE Teacher
M. Lynn: MS, RN	L. Liggio: Lib, PE Teacher
J. Kassel:Dir. VCE, FRC	B. Sullivan: VCE, RN
S. Group: UNE, Sec.	

Absent with Notice:

C. Clarke: NPS BOE
K. Meyerson: UNE, RN
L. Pakaln: UNE Teacher
L. Wishner: VCE, PTA

- Handouts distributed, assessment record, survey instruments, agenda, video fill-in packet, Nyack Mission Statement, Freeport Vision and Value Statements NYS AHPERD
- The wellness committee meeting began at 5:10 p.m. A draft of the previous meeting's minutes were distributed and reviewed.
Two corrections – item #3: context changed to content
Adams changed to Adamo
- Brief introduction of members for the benefit of the new recording secretary.
- Brief review of assessment record
- Review by committee of additional word **candy** to all level survey instruments regarding question, **Which of the following do you consider to be the most effective when used as a reward?**
- Member noted at the February meeting the committee had agreed to include in elementary and middle school surveys, “How often do you withhold all **or part** of recess as a behavior management technique?”
- Member stated MS students required to run extra laps or do sit-ups when unprepared. MS committee member stated he has never done this and both PE teachers indicated it is understood that it should never be practiced by the physical education department.
- Discussion to include at the middle school and high school, **“How often do you use physical activity as a negative consequence?”**
- Committee asked to look at Nyack's mission statement and to think about crafting a vision and value statement. (briefly looked at Freeport's vision and value statements)
- Team building activity- watched video, **7 Indisputable Laws of Teamwork** by John Maxwell. Then did a pair- share discussing what was learned. Concept that great leaders take the vision from me to we.
- Judy, from Aramark, discussed bringing more fruit, including lowfat muffins, egg white sandwich etc. to breakfast.
- Susan noted that in the past, the Nyack food service has lacked continuity and structure.

- In light of childhood obesity and children having high cholesterol, the committee feels the climate is right for our community to accept and welcome a health and wellness committee's work.
- Immediate goal – 5 year implementation program – health, PE, wellness.
- Several members expressed concern about time used for team building and the committee's productivity.
- Carrie Steindorff, School Programs Coordinator for the Rockland County Health Department, commented that while the committee needs to move ahead they also need a mission statement, vision statement, and clear understanding of what needs to be accomplished.
- Susan Juechter, parent and nutritionist, discussed sustainability of wellness committee.
- Bob referred to conversational ground rules about speaking from the heart and holding space for difference.
- Committee member asked that food service provide budget, menu, and plans at a future meeting.
- Vision Statement drafted. (while reviewing Freeport's) Susan wrote the following committee suggestions on a flip chart:

longevity	on-going evaluation of progress
ownership/personal accountability	sustainability
realistic	on-going communication
dynamic PE, curriculum	define wellness
fundamental values of wellness	
message of health & wellness that reaches the	diverse community
integration of components (community)	
parent/family: coordinated partnership	
educating students, staff, and families	
how it reflects what is learned in the community	
family & sexual health	
- Value Statement drafted (while reviewing Freeport's) Susan wrote the following committee suggestions on a flip chart:

healthy children	healthy school environment
richness in diversity	partnerships
tolerance	respect
communication	openness
honesty/transparency	trust
structure	outcomes
varied opinions	humor
timeline development	promoting positive change
excellence of education	space for differences
passion, timing, critical issue-motivation	
- Bob will make necessary corrections to survey instruments and email to committee members. Hopefully, building principals will discuss at April staff meeting.

Next meeting, Monday, March 19, 5:00 – 7:00

Agenda – CDC's School Health Index (SHI) from the District viewpoint.