

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

Meeting Notes: June 11, 2007
5:00-6:45 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
J. Donaldson: MS, PE Teacher	C. Clarke: Nyack School Board
M. Madan: NPS Social Worker	M. Pompeii- Dept. of Health
J. Kassel: Dir. VCE, FRC	J. Marsico: Aramark
L. Pakaln: UNE Teacher	S. Group: UNE, Sec.
K. Trentacosti: MS, Parent	

Absent with Notice:

P. D'Auria, HS, RN	A.Oakley: VCE PE Teacher
C. Steindorff: RC Health Dept./Community	A. Collazuol: St. Paul's RN
L. Liggio: LibE PE Teacher	

- Handouts distributed: agenda, District Wellness Committee Assessment Record, Physical Education, Health, Wellness & Athletics Staff Development Assessment survey, May's meeting minutes
- Brief introduction of James Halstead – food service consultant

Food Service Consultant: James Halstead

- If a school district is in a contract, there is allowance from NYS within mandated laws that a district can wait to fulfill new laws when current contract expires
- Some changes in food service – drinks no longer 25% juice, but rather 100% juice
 - recommended servings sizes – elementary 8 oz. HS 12 oz.
- Beginning in July, District will make recommendations as to requirements
- Effective date for new contract – August (Aramark's contract in effect until 3rd week in Aug.)
- New food program will include no deep fried foods in the elementary school, will consider District Wellness Policy and other guidelines
- Discussed sodium content in foods/meals – limiting meal to 800 mg. would make meal planning difficult, eliminate cheese on a turkey sandwich
- He recommended specifications be worded more openly, 800 mg. sodium be an average for a week's meals
- State supplied foods – canned fruits are in natural juices
- Apples are a raw commodity
- He stated he believes the commodities offered in the future will more closely mirror the wellness programs the state is requesting
- James asked the committee how important they felt the Farm to School program is
- Farm to School may provide limited produce options especially in the winter months
- Susan said the Farm to School program is important because of the nutrition education opportunities
- Susan asked James how committee could be involved
- James said committee could send a member to the bidders conference and convey committee's wishes
- Claudette suggested providing 2 proposals – one with education and the other without the education component to illustrate the cost parameters
- Judy stated her ordering this year has only been raw products – not processed, canned or frozen products
- Governor Spitzer initiated a bill: "The Healthy Schools Act," which passed in the Assembly

- Kathryn asked how many companies will be bidding James indicated that probably there would be two - Aramark and Whitsons
- Bob said Nyack would invite others to bid, too
- LiseLotte said AVI is interested in bidding
- Bob had supplied James with all Wellness Committee meeting minutes, a copy of the Wellness Policy, comments from Mary Lou on nutrition, Spitzer's Healthy Schools Act, and the National nutrition guides
- James said two factors that impact cost include – 1. Participation could decrease, if students are not offered what they like, and 2. Healthy items may cost more
- Claudette suggested we change menu gradually to more healthy choices
- Judy noted healthy changes she has made this year including 8 oz. French fries (not 12 oz.) 1% milk not 2%, removal of Smoothie machine and installation of yogurt based smoothie machine, turkey burgers, no longer purchasing Snapple and allowing supply to run down
- Julie reminded us that the committee/policy had agreed not to use food as a reward
- Judy stated she believes wellness is food and exercise. Food service should work with PE Dept. to help educate our students
- Susan asked if vending will be included in bidding
- James said vending will have a separate bidding
- Bob said when he visited the elementary lunch periods he observed most students who brought from home had healthy lunches and correct portion sizes, some do not. More work to do.
- Judy told committee students receiving free or reduced meals at the HS are upset with smaller healthier portion sizes, verbally abusive to kitchen staff
- Claudette said education is a huge component, suggested over the summer, students and parents see a power point presentation and receive handouts to help educate them and help prepare them for what to expect in Sept.
- Kathryn suggested showing a PowerPoint presentation at the Sept. PTA meetings
- Claudette suggested an information blast over local TV station, as a group Rockland Wellness committees helping to educate
- Laura suggested going to pre schools to spread the message
- Kathryn asked about continuity of food service management in the new food service contract
- James said we could write in our specs that if Judy leaves, there would be a training period for new person
- Susan asked what else committee could do to communicate nutritional guidelines, James repeated 1 committee member could join bidders conference (Bob said he will represent committee) James also stated that NYS guidelines as well as NSD Wellness Policy was sufficient for the bidding process.

SHI ASSESMENT

Module 6: School Counseling, Psychology, and Social Services

- Mimi brought module to her colleagues and reported out the results of the assessment
- Student assistance counselor – drug counselor – Steve D' Auria- HS, social workers and 1 psychologist
- Mimi stated that she and others who provide counseling attempt to take care of the whole student – (physical, emotional, mental – she asks what they ate or drank, when they exercised)
- Results of score care:
- (CC.1) Board of Ed. develops policy; there is a tobacco policy
 - (CC.3) asthma – students go to nurse not school counselor, social worker or psychologist
 - (S.1) no systematic way to identify in Nyack
 - (PA.1) Nurse identifies students with health needs; counselors with knowledge then deal appropriately
Some states include BMI on report card, Bob doesn't think BMI is a valid measure – feels hip/waist ratio is a better tool for determining good health
 - (N.1) self identify
 - (T.1) Steve D' Auria is the tobacco counselor
 - Kids with problems need education
 - **Module Score: 85.71%**

Planning

Bob asked committee to help plan meetings for next term.

- We will plan on meeting on the 3rd Monday of each month.
- Committee agreed on the following dates for 2007, in the Board Room, starting at 4:00-6:00 PM:
 - Sept. 24
 - Oct. 15
 - Nov. 19
 - Dec. 17

Follow up Discussion

Bob asked committee their opinion regarding Claudette's recommendation for a summer PowerPoint presentation to the community.

- Claudette will share her slides with committee on July 23 at 1:00 pm in the Administration Board Room
- Our plan is to use it in late August at the MS and HS orientation for new students
- Claudette stated committee can add to her slides – include obesity, food choices, what to expect in Sept.
- Liselotte said performance will increase, if we eat well we feel better
- Teach about portions
- Joe has PowerPoint slides about wellness also (part of his Masters project)
- Julie and Kathryn suggested 15 min. enough to present to students
- Joe said he feels we need to promote our plan/wellness policy such as a letter home, promotional PowerPoint presentation to students, parents and staff
- Mary Lou said she feels Nyack's Wellness Policy could be a model for school districts having difficulty putting together one for their district

Survey Status

- District wide survey was sent out in May. Responses are still being gathered. Bob said he will evaluate the surveys and communicate results.

Next Meeting, Monday July 23 at 1:00