

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

**Meeting Notes: November 19, 2007  
4:10-5:45 p.m., Administration Building**

**Attendees:**

B. Zifchock: Dir. PE, Wealth, Wellness & Athletics	P. D'Auria: HS, RN
S. Juechter: VCE, PTA; Nutritionist	J. Marsico: Aramark
S. Group: UNE, Sec.	L. Fleming: UNE, PTA
K. Trentacosti: HS, Parent	

**Absent with Notice:**

C. Steindorff: RC Health Dept./Community  
J. Hindin: UNE, PTA; Dentist

- Handouts distributed: agenda, District Wellness Committee Assessment Record, October 15<sup>th</sup> meeting minutes, Staff Development Assessment Form

Peggy supplied the scores using the high school as the basis for the following two modules:

**Module 7: Health Promotion for Staff**

**Rating Scale: 3-fully in place, 2-partially in place, 1-under development**

	<u>score</u>
➤ <b>cc-1</b> Health Screening for Staff	1
➤ <b>cc.2</b> Stress Management Programs for Staff	1
➤ <b>cc.3</b> Promote Staff Participation	2
➤ <b>S.1</b> Training for Staff on Conflict Resolution	2

Peggy discussed that although teachers receive this type of training, she believes ancillary staff should also be included when training takes place

➤ <b>S.2</b> Training for Staff on First Aid and CPR	1
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Peggy told committee that select staff consisting of coaches receive district training. Nurses get outside training to satisfy their requirements in first aid and CPR.

Liselotte said she feels UNE needs to have more people trained in CPR.

Peggy explained that the law now states an individual accompanying children on a trip, who takes an epee pen, needs certification in its use.

➤ <b>PA.1</b> Programs for Staff on Physical Activity/Fitness	2
➤ <b>N.1</b> Programs for Staff on Healthy Eating/Weight Management	0
➤ <b>T.1</b> Programs for Staff on Tobacco-Use Cessation	2
➤ <b>A.1</b> Programs for Staff on Asthma Management and/or Education	<u>0</u>

**Module Score: 11/27      41%** **11**

**Module 8: Family and Community Involvement**

Liselotte asked what population is being considered for the scoring of the modules. Bob told her the HS and MS.

➤ <b>cc.1</b> Educate Families	1
➤ <b>cc.2</b> Effective Parenting Strategies	1

Committee members discussed and agreed that this takes place only at the elementary school level. at a limited degree, and for grades K and 1. nothing at the MS or HS levels

➤ <b>cc.3</b> Parent and Community Involvement	2
➤ <b>cc.4</b> Promote Community Based Programs	1

➤ **cc.5** Community Access to School Facilities

1

- Susan recommended having a district wide PTA meeting where each of the five schools could attend one location and address a single agenda.
- Bob told how he arranged for the community to meet the Bullying Program Trainer one evening and only 4 people attended.
- Susan said a district wide meeting might have a better parent turnout.
- Peggy suggested having October and May district wide meetings.
- Susan said October is still a busy time of the year and suggested between February and March for one meeting.
- Bob said it could be named a PTA Town Meeting.
- Liselotte talked about a Ride Your Bicycle To School idea she has wanted to initiate at UNE. Safety was discussed and it was agreed that it would need to be addressed if such an event were planned.
- Susan discussed the possibility of having a Town Hall meeting this school year .

➤ **N.1** Student and Family Involvement in School Meals.

2  
8

**Module Score: 8/18 44%**

- Peggy and Bob had Judy answer question **N.1**.
- Peggy talked about the HS students getting carbohydrate headaches from pizza and french-fries in the same meal.
- Peggy reported that the HS was loosing lots of money on the student meals, that students and parents were unhappy with the menu. Parents reportedly felt school was trying to force their child(ren) to eat certain food. Peggy said she heard parents were upset that the food cost more and their child(ren) didn't like it.
- Kathryn and Peggy said students are going to Roxy's and parents are complaining that now food is costing them more.
- Peggy said HS cafeteria has changed and now back to serving pizza and French-fries. She said students eating this way are getting headaches again.
- Committee discussed drawbacks to Nyack's open campus.
- Judy stated by not serving what the students want, she sees more poor choices coming into school. i.e. McDonald's
- Judy reported that Aramark is at 50% sales compared to the same time last year.
- Susan asked Judy what the top food sellers are. Judy mentioned Italian sausage, meatball hero (any type of hero), meat loaf, pizza (any type), and pasta. Judy said cheese steak prepared on the grill as ordered is offered daily and is popular. She said nachos are served daily and are also popular.
- Judy stated two weeks ago she asked Aramark's task force to help. They are looking for 5-6 HS student representatives. They want to hear what the students want to eat.
- Susan asked if task force could attend December's meeting. Committee in agreement.
- Judy said the students don't want anything healthy,
- Susan questioned if healthy is misconstrued as diet? She talked about healthy fats and proteins.
- Judy stated Boar's Head meats are used with portions of 2-3 ounces. She said students are buying sandwiches at Roxy's with more meat ounces.
- Bob said he spoke to food service about the importance of portion size.
- Bob asked Judy to postpone the Spike and Fuel presentation for the December meeting.
- Judy talked about the student and faculty salad bar she is trying to open. She reported she has already waited three days for the Dept. of Weights & Measures to calibrate the scale.
- Kathryn said kids often make food choices when away from home different from what parents may want.
- Susan said students need to access menu choices.

- Kathryn and Liselotte talked about having their children's children for dinner and visitors refusing to eat healthy foods uncommon to them.
- Liselotte suggested providing education to inform children. Susan said bring education to 4<sup>th</sup> & 5<sup>th</sup> graders.
- Bob told about a MS 6<sup>th</sup> grade lesson he observed involving food groups.
- Bob stated that Health is taught for 10 weeks in 6<sup>th</sup> grade and as half-year courses in 8<sup>th</sup> and 10<sup>th</sup> grade.
- Liselott asked if kids know why they need to eat healthy, what does protein do for them, and what are the consequences of poor eating?
- HS shows the video "Super Size Me."
- Susan says she tells kids healthy food choices will make their teeth, hair and skin look better and them better athletes. She said kids couldn't think about their arteries so she talks cosmetics. She refers to this as the back door to how you're treating your body internally.
- Committee surveys from last year need to be redone. Bob said there wasn't a good turnout in the spring.
- Susan suggested new surveys being distributed in January and being returned in February.

## **Next Meeting, Monday, 17 - Middle School Library**

**Judy will make a presentation about Spike and Fuel. (handouts, etc.) and bring the Aramark Task Force.**

**Dates for January and February meetings to be decided.**