

**LEDYARD PUBLIC SCHOOLS**  
**Wellness Committee**  
**Tuesday, June 05, 2018**  
**3-4:00 pm**

**I. Call to Order - by Jason Hartling at 3:00 PM**

PRESENT: Patty Pollin, Holly Ryan, Stephanie Calhoun, Kelly Gordon, Jason Hartling, Sue Meserve, Anne Hogsten, Michelle Meyer, Jennifer Byars

ABSENT: Carol Ambrosh, Chris Sheller, Nizam Saad, Olivia Strelevitz, Katiria Nadal, Peter Geoly, John Mercier

**II. State of CT review of Wellness Policy**

The LPS Wellness Committee reviewed the following committee requirements.

Cleanup of items discussed at last meeting but not finalized:

- Q. 1000 – Policy change on competitive foods – related to vending machines
- Q. 1002 – Posting of Wellness Committee meeting minutes - post to Wellness website – will be done on Wellness Committee website when created
- Q. 1003 – Document Wellness Committee membership roles - post to Wellness website - will be done on Wellness Committee website when created
- Q. 1004 – Allow stakeholders to become aware of ability to participate in Wellness Committee meetings - post to Wellness website - will be done on Wellness Committee website when created
- Q. 1006 – Create and publish Wellness website

**III. Wellness Webpage creation**

**Action** – Set up draft Wellness page (not standalone site) for next meeting to review, include:

Meeting minutes	Wellness Membership & roles
Copy of assessment	Resources for parents/students/teachers
Meeting dates	Include link to USDA State site
Include link to menus	Include link to Free/Reduced meals application
Include link to Nutrislice	Link Chartwells to this site
FAQ section?	

- Teachers Committee provide links/content to Sue to send to John to input into website.
- Keep website clean, resources on the top, front and center more paramount.

**IV. Review of June Breakfast / Lunch Menus**

Elementary School Feedback

- Breakfast - Blueberry topping & Maple Syrup, the Wellness Committee thought that these two items had been eliminated with due to the sticky nature, the elementary students have no way of cleaning up after breakfast, also the blueberry topping stains when dropped on the carpet/floor

**Action** – Nizam - Let's look at other options for both blueberry topping / maple syrup

Ledyard Middle School (LMS) Feedback

- Portions at LMS not adequate

**Action** – Nizam – 6<sup>th</sup> Graders portion size can we increase portion size for 6<sup>th</sup> graders or will it affect cost, how does this affect free/reduced lunch students?

Trays at LMS and LHS

- Consider trays, reusable

**Action** – Chartwells – Cost for trays, collection, cleaning, recycling

V. **Vending Machines** – unhealthy snacks keep appearing in the vending machines. Final notice was sent to BESB notifying them that Ledyard Public Schools must uphold certain standards set by the State of CT, and will not tolerate unhealthy food in the machines. If unhealthy food continues to appear, Ledyard Public Schools will withdraw their ability to operate at our schools. Chartwells is willing to manage vending machines and show transparency in operations.

VI. **Wellness Committee Goals & Objectives** – what would you like to see this committee be?

- Open free membership to LHS gym
- Local gym membership – Plant Fitness / Renegade
  - i. Stephanie mentioned Stanley Green’s mom is the manager of Planet Fitness in Groton
- Buddy program – partner older student with younger student, program partner with Parks & Rec
  - ii. Include LMS in on this activity
- More recess – more motor breaks/physical activity – staffing and space issues
- Self-image (‘girls night out’ as Dr. Byars did as Principal at GHS) connecting students to positive role models “Life 101 Ledyard Public Schools”

**Action** – encourage more movement in the classroom

**Action** - Invite Matt, Kathryn Lyons, Don Grise and Kim from Parks & Rec to next meeting

VII. **Adjournment**

Meeting adjourned at 4:00 pm

**Respectfully Submitted,**

**Suzanne Meserve, LPS Wellness Committee**