

LEDYARD PUBLIC SCHOOLS
Wellness Committee
Tuesday, December 11, 2018
3:30 - 4:30 pm

I. Call to Order - by Michele Demicco at 3:30 pm

PRESENT: Stephanie Calhoun, Michele Demicco, Ann Geoly, Anne Hogsten, Art Marrero, Sue Meserve, Michelle Meyer, Fabienne Pierre-Maxwell, Patty Pollin, Holly Ryan, Nizam Saad, Alicia Schweitzer, Olivia Strelevitz

ABSENT: Pam Austen, Kelly Jones, Evelyn Morrison

ACTION - Invite new GFS principal to Wellness meetings – Andrew Tripaldi

II. Review December 2018 menus (breakfast/lunch)

- Attended webinar to add Free/Reduced application to our website
- Reviewed December 2018 breakfast and lunch menus opened floor for input, all participants agreed Chartwells is doing a great job providing meals
 - Comments – meals smell and look outstanding
 - Student choice at LHS upcoming next week - 2 recipes students choose, winner will be added to menu
 - Packaging works better, no oozing
 - Trays work great at GHS – hope next year to add to LMS
 - Nizam asked students present for feedback, they said everyone loves meals, he said he has ‘open door’ policy if ever a student has a question or concern come speak with him
 - LCS likes hot meal service, especially during winter
 - LPS has tried to change the language to say ‘meal’ program vs. ‘lunch’ to include breakfast participation
 - How can we generate more students to take part in breakfast?
 - Time?
 - Announcements?
 - Grab & Go?
 - School Messenger?
 - Change juice choice on breakfast from cranberry to orange
 - Add ‘salad bar’ station to LHS – unlimited access to station, question was raised, can students take food out of café – up to the discretion of Principal/teacher
 - Container size is small – resolution is to ask for another container/bowl
 - Is the portion size larger for 6-9 grader? Yes, 2 oz. Kg-5th=1 oz portion
 - Question – what happens to leftovers? Can they be given to students and not thrown away? Is there a rule against this? Policy needs to be developed. Table this discussion – not part of Wellness

III. Wellness Webpage creation

- Reviewed the draft Wellness page - http://ledyard.net/news_information/student_wellness
 - Committee liked the website, suggestion was to move helpful links up or to the sidebar
 - Add comments from students, positive blurps, pictures of students in café
 - Can we add comments in café (already in café, no one uses it presently)
 - Tie in PBIS initiative to website
 - Update link for Free/Reduced lunch to make it more obvious – make it a picture for SY 2019-20, pre-filled in the form to be make it easier for parents to complete
 - Publish the Addendum A on the site
 - Online form can publish in different languages

IV. Vending Machines

- All items in vending machines qualify against the State Acceptable Food and Beverage List
- Who receives the money the vending machines yield? School Central Activity accounts
- BESB owns machines
- Machines only available during non-school hours, on a timer
- Instead of vending machines could the cafeteria instead be open to students for ‘after school snack’?

V. My School Bucks online app discussion

- My School Bucks is now available on mobile devices vs. desktop
- Add to webpage

VI. Wellness Committee Goals & Objectives revisited

- Open free membership to LHS workout room/fitness center for staff and students, students must ask Athletic Director for access, staff must take tutorial prior then sign waiver
- Offer an incentive to work out
- Local gym membership, if you hold Planet Fitness black card, you're allowed to bring in a guest
- Some students don't want to participate in PE class, instead could they be offered a "Wellness Class" where they could jump on a treadmill as an alternative
- Students struggling with weight issues, could there be a 'self-help' class or PE Alternative class. Topics could include: Nutrition, proper exercise, mental health, stress management, how to manage time, ways to take care of oneself. Look into grants that offer these types of programs. Understanding self and relationship class already exists but is limited to just one class.
- Yoga class at LHS – 1x/week? Involve Parks & Rec in on this. This would need to take place at the end of the day. Stay tuned, changes are happening.
- Fabienne reminded everyone that good habits start at 5th grade level, not just in High School
- Buddy program – elementary student partnering up with peer from High School 'best buddies', used to exist – Big Brother Big Sister. During school day or special event, United Way 'Young Leadership' program, take elementary student to movies, get nails done, get a soda, etc. Peer would get leadership credit, letters of recommendation, resume builder, etc. for this activity. National Honor Society has requirement for this.
- More recess – more motor breaks/physical activity – brain breaks. PBIS, every Friday extra recess.
- Self-image - 'girls' night out' connecting students to positive role models, lot of fun
- Wellness night or add a Wellness event to school during day – have stations:
 - Fruit / Vegetable / Smoothie station
 - Proper hand shake
 - My School Bucks station (Free/Reduced Meals)
 - Chartwells station
 - Makeup
 - Massage
 - Time management
 - Zumba
 - Rotate kids through, have parents come through as well, connect staff to parents, beginning of school, hold during LEAF back to school bash, hold on a half day
 - Michele asked committee to come up with goals

ACTION - Next meeting early February, Sue and Michele to send out dates

How do we handle students who don't qualify for Free or Reduced Meals but still don't have money to pay for lunch?

- Backpack programs, nurse, donations, food pantry (must qualify first).
- Nurses no longer allowed to give out snacks, must go to office. Must call parents after knowing them after a couple of years, typically a matter of pride.
- Ledyard doesn't qualify for free meals for all students. Budget and values discussion – Federal government funds may not allow it but are there other methods of going about it?
- All schools have 'slush funds' to allow for hungry children to eat.

VII. Adjournment

Meeting adjourned at 4:45 pm

Respectfully Submitted,

Suzanne Meserve, LPS Wellness Committee