

WELLNESS COMMITTEE MEETING
HEUVELTON CENTRAL SCHOOL
October 21, 2010

The Wellness Committee meeting was held in the Superintendent's office on October 21, 2010

Members present: Susan Todd, David Steele, Kathy Fuller, Mary Rasmussen, Steve Adams, Marianne Weldon, Karen Carmany, Catherine Bennett, Jenna Lashua, Abbey Basford, Ann Bennett

Members absent: Mary Hebert

Additional attendees: Ann Bennett - parent

Mrs. Todd called the meeting to order at 7:05 AM

- The Wellness Policy – no current change – noted that soda is still on the premises – the Pepsi contract expires in 2011. Currently used for staff members.
- Garden Project Update.

First discussion was about the construction of raised beds for our gardens. The senior class donated their time and money with Mr. Pierce volunteering his time to help construct them prior to the summer break. The lumber used was pressure treated landscaping timbers made with the new EPA sealant – not arsenic that was once in the formulation. Kathy Fuller gave a presentation on the safety of the lumber used referring to the scientific specifications. The project cost for the lumber was \$500. Each bed measures 3' x 12' and there are 12 raised beds.

Because of the controversy and safety issues raised by Ann Bennett, a parent and organic gardener, the use of these beds for food was decided to be ill advised. Therefore, other uses for the raised beds were discussed such as for growing plants and trees that could be used as a project for fundraising by a class. Also perennial flowers and plants for landscaping was another idea. The use of cedar or recycled plastics as materials for the raised beds was also discussed as a safer option as well as the use of the proper soil and fertilizer. Developing a compost project to use the kitchen waste was also discussed as a possibility once the gardens are developed. The consensus of the committee is to use cedar logs for the raised bed construction. We may need to find the funding needed to cover the new construction.

- Recess Basket Update presented by Mary Rasmussen & Karen Carmany

We now have these baskets for each grade level. There are games, DVDs, dances, scarves, stored in mesh bags and will be distributed to each grade level by Mary. They will come in handy when it is too gold to go outdoors or provide exercise options in the classrooms.

➤ Cafeteria

Steve Adams, cafeteria manager, is working on ordering a smoothing machine, Panini grill for more options on the menu. The current vending machine is in need of repair but when fixed will offer yogurt, fruit, cheese or milk.

➤ Finally, Mrs. Todd spoke about health insurance regulations regarding our wellness policies and the development of initiatives at the work place for employees. More information is needed.

Mrs. Carmany also asked to have the nutritional information on snack items and food items then give a calorie count and nutritional info so students will be aware of healthier choices.

Meeting adjourned at 7:40 AM. The next Wellness Committee meeting is scheduled for December 16, 2010 at 7AM.