

**WELLNESS COMMITTEE MEETING**  
**HEUVELTON CENTRAL SCHOOL**  
**January 29, 2014**

The Wellness Committee meeting was held on January 29, 2014.

Members present: Steve Adams, Suzanne Raffel, Nancy Rische, Karen Carmany, Amber Martin

Members absent: Denise Curry, Ronica Lawrence, Kathryn Lord, Alexis Michael

- A motion was made to approve the minutes from the November 20<sup>th</sup> meeting. The motion was accepted.
- Membership – new member: Amber Martin
- Wellness Policy Review – Steve Adams reviewed the Policy in terms of new regulations:
  - Vending machines available on weekends and after school.
  - They should have timers or be locked – this also depends on content (water is okay)Mr. Johnson will check on this
  - Policy – Classroom and teaching/Phys ed. Will be updated. Mr. Adams stated he is happy to work with individual classroom teachers.
  - Classroom section should be okay. Mr. Johnson will review policy with administrators.
- Yoga – Yoga classes have been well attended and the feedback is very positive. The classes are accommodating to all levels. February - Monday, Wednesday and Friday after school
- Backpack Program– We have received feedback from Canton school, a flyer, etc. We have a list of food ideas and Canton is happy to provide contact information.
  - Amber Martin will present this to the PTA.
  - Teachers would make recommendations. A permission slip is sent home with personal contact as well.
  - Food is provided through fundraisers and food drives. The Elks Lodge will help with fundraising.
  - Mr. Adams discussed the advantages and disadvantages that they have experienced with the program in Madrid-Waddington.
  - Mr. Johnson informed the committee that PTA had backpacks donated from Walmart and donated the first filling of food.
  - A letter would be sent to all families asking if they would be willing to donate nonperishable, child friendly food to benefit the program.
  - Mr. Adams suggested that, in the future, we could add to the backpacks and there may be others willing to help out. He also stated that the PTA could organize and coordinate the project as that is what was done at Madrid-Waddington.
  - Mr. Adams stated that he sometimes has flex profits which he has used to purchase outdoor items from Walmart then has a drawing before spring break. He stated he could also get donations from vendors/distributors with a food & nutrition focus (Physical activities, coloring sheets, written paragraphs regarding nutrition, etc.) The students who participated in these could participate in the drawing. Possibly for next year. Mr. Adams will collect information. Smaller version for this year perhaps before Memorial day or Bulldog Day. This will be addressed at the next Admin. Meeting.

- Cafeteria – Discussion regarding a salad bar. Would need a “unit” which does require extra staff and logistics. Mr. Adams is working on establishing a salad bar for middle school/high school as the students have been asking for one.
  - There have been some parental questions regarding the cafeteria. Mrs. Rishe suggested the parents write their questions and concerns down.
  - Perhaps there could be updates in the newsletter regarding the new regulations. Mr. Adams will do one monthly.
  - Mr. Adams stated that he is looking for suggestions. Amber Martin suggested microwaves be available for student. However, a staff member would need to monitor for safety. A student can request that the cafeteria staff heat something up for them.
  - Volunteering of students in the cafeteria is going well.
  
- Health Initiative – A letter was received by Mr. Johnson. Resources can be provided (ie. Equipment, supplies, etc.) for districts. Mr. Johnson will contact Sarah Bentley-Garfinkel (School Project Director) to find out more information.

The next Wellness Committee meeting is scheduled for March 19 at 3PM.