

WELLNESS COMMITTEE MEETING
HEUVELTON CENTRAL SCHOOL
June 4, 2014

The Wellness Committee meeting was held on June 4th at 7AM.

Members present: Suzanne Raffel, Karen Carmany, Shannon Jordan, Katherine Lord, Alexis Michael, Marianne Weldon, Denise Curry

Members absent: Steve Adams, Amber Martin, Nancy Rishe, Ronica Lawrence

- A motion was made to approve the minutes from the March 19th meeting and they were approved.
- Updates: Denise will ask a Junior and Senior who would like to be on the wellness committee in the fall.
- Marianne would like a student counsel advisor on the wellness committee to help with communications about fundraisers (supporting the wellness policies).
- Shannon was asked to check if the statistics are correct in the wellness policy. Shannon suggested making the policy more generic as the statistics could change yearly.
- A menu board was suggested for the cafeteria to help students know the breakdowns (carbs, etc) of foods they are eating.
- Marianne will try to find a contact from a local church that might be willing to organize the backpack program. Shannon shared that the backpack program was community based in Massena and was very well received by the children.
- Questions for cafeteria:
 - Teachers are asking about small portions – can they be larger? (small portions = one stalk of broccoli).
 - Can the same veggies and dips be served on both the elementary and high school side?
 - Can water bottles be sold instead of the sugary drinks? (non crinkly or small so they don't take them back to class)
 - The cooked veggies are good! Students and teachers like them.
 - The salad with the dressings on the side was also enjoyed
- Yoga again for next year – will it be offered?
- Better choices for daily snacks
- First meeting of the new year will be September 24th at 7am or wait to hear from Shannon