

To: Baldwinsville Wellness Council
From: Shannon Cavedine
Re: Wellness Meeting Minutes
Date: May 17, 2006

In Attendance: Brian Wright, Shannon Cavedine, Julie Carpenter, Bruce Quimby, Steve Roux, Colin Kahl, Kathleen Reidy, Beth Mahon, Patty Smith, Kristen Foote, Dr. Nanavati

1. We reviewed the Wellness Policy, draft # 3 that was reviewed by the policy sub-committee yesterday. (Superintendent Dangle, Mike Shusda, Kevin Bernstein, Brenda Ferlenda and Victor Jenkins) The policy will receive minor revisions, technical and some minor content additions. It was well received and Brian and I have been requested to present it to the school board at Monday night's meeting. ALL Wellness Council members are invited and encouraged to attend, Jeanne would like to be able to identify for the board who is involved in the work that we are doing. Please come and lend your support and presence to this effort, it would be fantastic. Jeanne would also like to dedicate the second part of opening day for staff in September to the Wellness movement, with possibly a dynamic speaker to create excitement and enthusiasm, and a power point or video presentation. After the speaker/presentation, staff would return to their schools to review the Wellness Policy itself, and ways in which the concepts can be applied and impact their school. This support is this is incredibly helpful to us and very much appreciated!
2. Building rep invitations went out from Julie Carpenter, and is already yielding interest and volunteers. We will need liaisons at each school to be successful, and with enough interest they can spin off into their own sub-committees.
3. Discussed the grant implementation at Elden beginning in September. We need to form a sub-committee with Elden and any other interested people on the Wellness Council, to meet with Principal Tony Cardamone regarding beginning PR efforts, and how to approach the project. Please contact Brian or I ASAP if you have an interest in this area.
4. We need people to help with arranging copying and distribution of promotional info, our student rep Kathleen Reidy agreed to help with this. Contact me if this is a way in which you can contribute.
5. We need to work on choosing and / or creating some of the posters, flyers and other promotional materials to advertise the breakfast program, but also in other areas as well as we go along. Steve Roux has volunteered to help in this area. If you have an interest, please let us know.

6. We broke down a contact list of NYS schools that have successful, innovative breakfast programs. Several of our group will be contacting the schools on the list for further information. Please forward your results to me by Thursday of next week (May 25th).
7. Bruce Quimby shared that he will be studying the after-school and intramural opportunities in our district, beginning in the fall. We discussed the interest and the need by our students for more opportunities for fun physical activity that can create life-long healthy habits.
8. By December, the district's food services program will be completely moved to a 4 digit PIN system, to provide students confidentiality in regard to payment as well as identify immediately students with food allergies. Parents can also exercise some control over food choices, as they can indicate if their child should be restricted from buying ice cream and baked potato chips exclusively for lunch each day. We agreed this should be a good system, in particular for the confidentiality of students who receive free or reduced meals, as well as the speed of the service lines. The detailed info and parent restrictions are likely to be a bit disturbing to students, (J) but these systems have proven very effective in other districts, per Brian Wright.
9. Brian's grant for the Healthy Vending machine has come through, and the new machine should be in place for the start of the school year. This will be easily accessed by the athletes after school and include many healthy choices, like yogurt, cheese sticks, protein bars, etc. *Dr. Nanavati suggested after the meeting that while athletes often go for the protein-rich snacks, it's the carbs that they need prior to the activities they're engaging in. This was an excellent point, and brought out the point about educating athletes regarding how they fuel their bodies. Dr. Nanavati suggested that we not overwhelm them with information, but give them simple statements of fact to inform them. We discussed the "fine line" between overly focusing on foods and nutritional content, especially in a culture with no shortage of disordered eating. We have to remain aware of the full spectrum of concerns and strive for balance, which is always challenging.
10. We need help with the technical and creative aspects of the September presentation, Kristen Foote volunteered to help with that, and also volunteered Colin as a resource with expertise in that area. Jeanne had said that Rob Meixner could also help. Speaker suggestions are needed!!!!!!!!!!!!
11. **Next Meeting: Wednesday, September 27, 2006** Call Brian or I if you have any ideas, suggestions or want to help in a particular way with our efforts. Everyone was great about agreeing to be called on in the event that help is needed as we all go along.

* The on-line telecast I spoke of with districts from around the country participating is now available at www.actionforhealthykids.org website. Also the Nutrition Consortium of NYS has an excellent website and resources at www.HungerNYS.org. These are great resources and a way for you to quickly stay connected and up to date on what's going on in NYS and across the country with the Wellness movement!