

Health and Wellness Committee, Botelle School Meeting Minutes

February 4, 2020

Present: Rene Ayers, RN, Caitlin Chabot, Virginia Coleman-Prisco, EdD, Kelly Groover, MaryBeth Iacobelli, EdD, Winter Thorne-Kaunelis, Lauren Valentino

Absent: Donna Rubin

Meeting called to order at 2:56pm by Dr. Coleman-Prisco.

Agenda items:

1. Let's welcome kitchen staff Kelly Groover who has joined the Health and Wellness Committee.
2. Update on Brooker Memorial dental screenings/cleanings, and survey.
 - a. Sent 52 surveys and 28 came back. All 28 have dental insurance....16 interested in cleanings at school. R. Ayers spoke to Lisa at Brooker. They will work with families to bill insurance. Remaining question is who will be billed for non-insured children? M. Iacobelli will check with Carolyn Childs about NCCC funding part of it.
3. Review/Revise Health and Wellness Policy for possible update (Part 1).
 - a. R. Ayers: concern about the Federal nutrition guidelines in regards to students bringing foods to school. Maybe we need to be more assertive with suggestions to parents about healthy snacks. V. Coleman-Prisco suggests that the committee can look and suggest to the board. The committee should look at the fed nutrition standards and see what they are.
 - b. The guidelines recommend nutrition education in curriculum. W. Thorne-Kaunelis: There are Health units in PE. L. Valentino: New science units don't address health nutrition. M. Iacobelli: Health is not mandatory at the elementary level but PE is. The programs are in MS & HS, not in PK-6. Our curriculum embeds health and integrates where appropriate.
 - c. The policy outlines that there should be a binder of Health & Wellness policy. It is located in the nurse's office. R. Ayers will keep it updated and accessible with sign in sheet.
 - d. K. Groover continually makes data driven decisions based on regulations in the cafeteria. Nutritional information is available on request. Suggestion is to add a clear and concise prompt on the monthly menu.
 - e. K. Groover also stated that all a la carte sales in compliance with regulations, that hand sanitizers and wash stations are close, and students have enough time on task to eat.

- f. The committee will continue to encourage families to pack healthy lunches and snacks. FDA's myplate for lunch boxes and/or snacks will be shared.
- g. Committee was over time at this point. The policy review will continue during the next meeting.

4. Update on Kids Heart Challenge (T. Thorne- Kaunelis):

- a. The event will happen in school on 2/11. Students have had fundraising envelopes for a week and 2/14 is last day for collection.
- b. He wants to set up a rest station. A PTO volunteer will give out oranges.
- c. The students came up with a goal of \$1500. Mr. Thorne-Kaunelis reports that the students have raised \$500 online plus some cash from 9 students. He will encourage kids to donate and do tasks online. The students can earn prizes through the app. He will also ask Mary Pat to add reminders to morning announcement.

Meeting adjourned at 3:39pm.

The next meeting will be on March 3, 2020 at 2:45pm.

Respectfully submitted,

Virginia Coleman-Prisco, EdD
Recorder