

Wellness Committee Meeting April 21, 2021

RECAP

In attendance:

Deb Mackey

Tammy Penk-Hill

Jessica Harris

Scott Fuller Farm 2 School (Capital Roots)

Allen Rydinsky

Tom Berrigan

Absent: Megan Quillinan

Amandy Landy

Chris Turcio

We are really on target with our goals for this school year.

- * The WellSat 3.0 has been completed- we're looking GREAT! On target
- * Monthly newsletters, nutrition activity sheets are shared with Mr. Turcio and his Staff and posted on the food service website and facebook pages.
- ** Still need to get copies of information sheets to the public library and when the Senior Center is open to that location. Tammy volunteered to do this for us
- * Sending these sheets to MACSC for Megan to share
- * Capital Roots has teamed up with us (Scott and a Sage dietetic intern) to offer taste Testing on April 27th of some local products to promote Farm2School and Every Kid Healthy Week. Tammy will be making a roasted Harvest Veggie dish that we will Offer samples of and do a brief student satisfaction survey
- * Deb conducted a food service satisfaction survey of 4th - 12th grade students last week Results will be posted on a large bulletin board in the main hallway next week. 77.8% of all that completed the survey (93 people) stated that the quality of meals Was Excellent to Good
 - * The lowest score was presentation and that's a tough one with the way we Need to package virtual meals and keeping everything separate and covered Because of Covid and DOH safety mandates. Deb is anxious to get the salad Bar up and going again. We Have just started offering ala carte snacks i the HS, and kids are happy about that. The food service staff will be working to make More improvements that the students can see and continue to try to grow participation.
- * Tom Reported that he plans to send home some Youtube tutorials and links to body work outs as a part of the PE plan

- * Deb has shared on website, FB page and to all staff and students an activity sheet for The month of April. Hoping to see some returned to us.
- * Allen reported that he reviewed the application for the \$ 3000 grant and the paperwork Required was beyond reasonable for the reward so we have tabled that one and Deb will Be looking for other opportunities. We would like to be able to buy a CamCruiser Portable Kiosk to use for second chance breakfast to start in September. Will continue To work on this project. We need about \$ 3600 to make this happen. In Deb's last District, breakfast participation more than doubled when students were offered the Opportunity to get breakfast right after first class before going to the second period class **(spoke to Mr Potter on this today and he says we have funds to support this purchase, I will check with the Business Official to see how to proceed)**
- * We have a PreK starting in the fall. There will be two groups, one at our elementary building and one held at the community center. There will be 20 children at each Location.
- * Mr Bruneos' SPED kids have planted our herb garden and it's growing nicely. These Students have a school to work program with the food service team and assist in Stocking beverage coolers and snack racks at the end of each day for about 15-20 Minutes. They are learning inventory control, merchandising and now a little farming!
- * Jessica reported on the elementary building's team wellness. She is working with a Group in the elem building to start a walking club, and some after school get togethers In Deb's ast District there was a grant through Healthy Schools and Communities. This grant provided for an upgrade in a faculty room for quiet time and also for a Relaxing meal space. Deb will see if there are any grant opportunities out there to Support staff wellness

This is our last formal meeting of the 20-21 school year. If anyone has progress on the items You're working to support our group, please send it to Deb and she will update all.

We'll plan to have our first (of four) meetings next school year on Wednesday October 20th, 2021

THANK YOU all for working so hard to get this committee together
Deb