

WELLNESS COMMITTEE MEETING
NOVEMBER 8, 2023
SMHS Room B121 (HS Conference Room)

Wellness Committee Meeting Members Present: Nicola Bordelon - SPS NUrning Dept Head, Cindy Desimone - SMHS Nurse, Matt Carney - Abbey Food Group, Julia Crosby - FD Health Teacher, Emily Cataldo - District PT, Lisa Cahill - District Adaptive PE Teacher, Marty Cosgrove - SMHS PE / Health Teacher, Camilla Oliveria - SPS ELL Department Head, Cynthia Rotonoli - PTA, Jim Lahane - Parent, Tracy Goodwin - School Committee Liaison, David Quinn - Assistant Superintendent, Chris Dintino - Principal Forestdale, Trish Hill - Principal Oak Ridge, Beth Donohue - SMHS Teacher and Peer Leader Organizer

1. Call meeting to order

Meeting opened at 4:00 PM, by Nurse Bordelon.

2. Mr. Carney from Abbey Foods to provide some background and information about food services in Sandwich

School Meal Regulations:

School meals have a significant impact on the nutritional lives of children, especially those of who often eat both breakfast and lunch at school. As part of the Healthy, Hunger-Free Kids Act of 2010, the USDA updated the nutrition requirements for reimbursable school meals and established nutrition standards. The reimbursable meal requirement emphasizes whole grains, fruits, vegetables and low-fat dairy products with limits on sodium, saturated fat, trans fat and calories. As a result of these requirements, students are eating more fruit and vegetables and many schools are seeing increases in participation. Chocolate milk - it's only offered once a day and it is offered as fat free because it is flavored.

Breakfast Meal Requirements:

As part of the USDAs school meal pattern, school nutrition directors are required to serve certain items. The required meal components for breakfast include:

Grades K-12

- Fruits - one full cup of fruit (or option vegetables)
- Grain - two servings of whole grains (meat or meat alternatives may be used in place of a grain, as long as one grain serving is already part of the meal)
- Milk - one cup of mil (nonfat or low-fat unflavored milk must be offered, non-fat or low-fat flavored milk may also be offered)
- These are daily requirements; weekly requirements vary by grade level

Offer vs. Serve (OVS):

Schools participating in the National School Lunch Program and National School Breakfast Program can choose to use Offer vs. Serve, which allows students to choose from several food offerings to reduce food waste and increase the likelihood that students will eat what they choose. High schools are mandated to follow OVS. Under OVS, students must select a fruit or vegetable at each meal and must take at least three items for the meal to qualify as reimbursable.

Discussion

Healthy snacks vending machines - Matt Carney will look into this as being an option.

School meals running out - this is hard to identify, but there are alternatives such as a Grab and Go, deli sandwiches and a full salad bar.

Fruit and vegetables - included in the OVS; students just don't choose them, but OVS is a more cost effective option.

Other Districts - fish is offered, but Sandwich doesn't include fish often, because it doesn't get used.

Mr. Carney brought examples of the JSI A-list foods, which included Doritos, chocolate chip cookies and potato chips by DECI.

Barnstable's menu - Abbott tries to keep the menus consistent.

My Bucks - My Bucks exists at the high school and if the students want a second meal, they can add money into their account. Water is a la cart. Nurse Bordelon would like to get My Bucks information onto the website.

There are no snack bars allowed at the schools; the schools cannot sell anything not seen in the cafeteria. Hershey company has school compliant ice cream, and Abbott is working with Snack Shack to get in compliance. Hot chocolate and hot cider are also available.

Sugar discussion - all cereals are reduced sugar and most of the breakfast items are pre-packaged items.

Chocolate milk - it was suggested to limit the amount of days chocolate milk is offered. An option would be to offer 1% milk and skim milk in lieu of chocolate milk, but it's possible the milk consumption will decrease. Matt Carney suggested a pilot to offer chocolate milk on Fridays only.

Water - water bottle fillers were added in the cafeteria; the water is fresh, filtered and free. The nurse's office also has one. The new filters are replaced by Facilities.

Matt Carney requested members send any further questions to him by email.

3. Boys and Girls Club, Mr. Lloyd, Director

The Boys and Girls Club provides an after school experience, picking up students on early dismissal. Their recreational program is a strong, physical recreation one. Currently, flag football is offered, which will be followed by a basketball league. These program teams are based on

skills of the students; teams are set up by skills to ensure they have fair teams.

Mr. Lloyd reviewed program challenges where they have record keeping, then finally moving to Record Breaker Day. This is when students have their picture taken and put on the wall to be displayed and memorialized. Recreational programs are active throughout the school year. Floor hockey, dodge ball and mixed sports were named. These organized activities include leagues for exercise and to have fun.

Transportation includes pick up on early day dismissals on Wednesdays. Any Sandwich student registered is picked up at school and driven to the club by van. Parents pick up students at 6 PM when the program ends. The duration of the time on the van is about 1-2 hours depending on the schools.

The Boys and Girls Club works with families who cannot fully pay for the program through grants and funding, based on family income to cover membership dues.

4. Review of responses to questions from Mr. Dintino at Forestdale and Ms. Hill at Oak Ridge

Chris Dintino explained that the PE unit includes a cycle every 7 days. There are 56 days in a cycle. Each day includes 60 minutes; a total of 420 minutes. Students get considerable units of both PE and Health with this formula. Teachers can have units of movement in PE and in Health units, which includes active learning minutes. Subsequently, it is more than double the traditional PE time compared to having it once a week.

5. Questions related to the shared Health Curriculum document

The committee would like to make the Wellness Policy easier to find on the website under the Health curriculum.

Chris Dintino is working on a new Wellness Day, scheduled for 11/22/23. This will give students a chance to enjoy yoga, a petting zoo, the Turkey Trot, including kinetic sand or playdough in classrooms.

In addition, he is working on a schedule to include companion animals where 1st graders read to therapy dogs. There are two students who have known allergies, which is taken into consideration. Volunteers for Wellness Day are needed. Cynthia Rotonoli - PTA is going to share this information with the PTA.

He also is including a schedule for 5 and 6 year olds coming into first grade, with a second recess was added, including creative play. Training with staff, which includes rotating staff throughout the day is needed to get this up and moving.

6. Review of proposed changes to Sections 1 and 2 of the Health and Wellness Policy

This will be discussed at the next meeting.

7. **Open Discussion**

Nurse Bordelon will put the Boys and Girls Club Recreation Program information on platforms for students.

She added that the Wellness Committee is new and Sandwich has not had a Wellness Committee that handles the community as a whole. There is no budget or this committee, but the focus right now is on the students.

8. **Adjournment**

Meeting adjourned at 5:00 PM. The next meeting will be held on December 6, 2023 at 4:00 PM, SMHS Room B121 (HS Conference Room).

Respectfully submitted by,

Lisa Kushkowski

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Recording Secretary for the Wellness Committee