

## Wellness Committee | Parent Advisory Council (PAC) Minutes

Monday, September 9, 2024

### Wellness Committee:

#### **Attendees:**

Karen Tarentino, Food Service Secretary, Tina Martin, Head Cook, Lou Magnotta, Principal, Amy Phillips, Food Service Director, The Nutrition Group, Michelle Pittas, Parent, Mary McGinnis, Parent, Sandy Thomas, Head Cook

**Wellness Committee's Purpose:** Learn how to build support for healthy policies and practices.

Topics: Classroom physical activity and recess

Smart Snacks

Staff Wellbeing

Policy for foods and beverages made available to students (e.g., classroom parties, classroom snacks brought by parents).

#### Activity

Discussed ways to get students moving in the classroom to boost their attention and focus. Strategies to make recess an active part of the school day.

#### Smart Snacks

Determined that the foods and beverages we market in school meet the Smart Snacks in School standards.

#### Staff Wellbeing

Discussed ways to reduce staff stress, boost morale, and reduce staff turnover.

#### Classroom parties and/or rewards

The goal is to serve healthy foods at all school events. Do NOT recommend abolishing all sweets for holiday classroom parties but recommend including ONE sweet/food

## **Goals**

Provide nutrition education for Grade K-6 students and Increase breakfast attendance.

Wellness Committee and Parent Advisory Council meeting was combined due to lack of response from parents/guardians.

## **PAC**

Parents of students remained in the meeting to discuss:

1. What are some of the menu items that their children like
2. What are some of the menu items their children don't particularly care for.
3. Is there something that you wish we offered in the café?

Lou Magnotta, Principal at the Junior High School suggested placing pre-portioned fruits and vegetables in the cooler near the check-out so we can get the junior high students through the line quicker.

Amy Phillips, FSD TNG, said this can be implemented within the week.

Next meeting was not scheduled

No further business