Health and Wellness Committee Minutes

March 5, 2013

Present: Thomas Burnell, Bonnie Murphy, Brett King, David Aierstok, and Isabelle Burkhart (minutes)

- 1. Brett offered a Curriculum sub committee update. Brett and Marvin have been working together to incorporate the state standards for health and nutrition into the K-5 curriculum. Specific units in each grade will incorporate Health as a content area and incorporate that content into English Language Arts. Brett gave an example of 1st grade where ELA will have a 5week block and will be Common Core aligned, and will be able to incorporate Health program into the integrated unit. Brett handed out a sample plan for 1st grade.
 - -K-5 will follow this plan
 - -Teachers will have workshops, consultant is aiding this process
 - -Implementation has already begun at CLS
- 2. Dave discussed the ongoing development of student and parent surveys regarding meal choices and food in the cafeteria. The idea is to have a survey that would take 5-10 minutes for Middle and High School students to complete and ask students to take the survey in either Health class or Computer lab class. An email could be sent to parents asking them to take an online survey.
 - -Isabelle will find an online parent survey
 - -Dave will find an online student survey
 - -Marvin will review documents
- 3. Operations sub committee (Tom, Beth, and Bonnie) met to begin reviewing snacks for removing unhealthy choices to be replaced with healthier options. CRE reviews occur every 3-5 years when Tara? will come to lunch lines for a review.
- 4. Tom presented an update of the Policy sub committee, presenting notes of the various sites and tools that the subcommittee has been reviewing. A summary of those sites will be made available once refined by the subcommittee. Tom has spoken to Dr. Davenport at the High School about the appointment or selection of a High School student to the Wellness Committee for this year in May or June.
- 5. Brett King gave an update on the development of the CLS Edible Garden project. CLS parent Vivian Mandela, who has proposed the garden to CLS with plans and drawings, has recently met with Beth and Brett to discuss

what kinds of foods would be useful to the cafeteria to be grown. They have also met with Sheldon to review the footprint for the plot to be used for the garden at the CLS property. They reviewed space, water and maintenance issues.

- -A 5year plan is being reviewed
- -Dutchess County is ensuring the safety of the food grown, greenhouses offer best safety of foods because of fewer animal disturbances.
- -the plot is planned to be 60x10 (?)
- -a plan for a composting program has been discussed as a future plan
- 6. Committee agreed on date of next meeting: April 2, 8:45-10am