

Report of the Wellness Committee

June 4, 2018

Members:

Tami Augugliaro (Food Service Manager)
Chris Dickson Physical Education Department Chair
Andrew Kufel (Director, Secondary Education)
Stephanie Lackie (HS Assistant Principal)
Karen Marchioli (Director, Elementary Education)
Sue Metz (Board of Education)
Marie Perini (Assistant Superintendent)
Janet Root (Health Department Chair)
Judy Wolanin (Head Nurse)

The Committee met to review the 2017 plan. Slight amendments were made in the Physical education section which included additional activities already occurring.

Conversations centered around the following:

- *Concerns*
 1. Teachers are still using snacks (candy, cookies) as rewards.
 2. Breakfast program growing, with the exception of the MS
 3. Clubs still selling candy, although the number selling is significantly reduced from 2016-17
 4. Snacks and pizzas are still outsourced, though not to the same extent as in 2016-17
 5. 47 new free lunch students were identified in April 2018.
- *Good Things*
 1. Survey was sent to HS – 1000 responses – specific to knowledge about the Wellness Plan and its contents. Questions are being developed and the survey will then be sent to all staff K-12 in June 2018. The committee will evaluate the results in the Fall of 2018.
 2. Professional development has been provided to all food service workers in 2017-18, including *Serve Safe, HACCP*, as well as training on state and federal regulations concerning food preparation and service. A training book for new employees has also been prepared.
 3. Only teachers can now order pizzas. Student orders are not permitted.
 4. Grab and Go will be located in the Junior Hall at the HS in the former Credit Union location. Healthy food options will be available throughout the day for students.
 5. Regular meetings are being held with Food Service and 7-12 students through SSAC, with questions and criticisms addressed through that venue.
 6. Snacks are being prepared for students at Hillview and Sciole.
 7. The Trinity Food Pantry is attempting to serve Lancaster students and families and is developing ways to communicate, through the school, to reach needy families.
 8. Tickets will be available to all students for the Senior breakfast.
 9. *Playworks* and *ACES* are actively in practice at Court Street School, with expansion to other K-6 buildings planned.

Committee members will collaboratively revise the Wellness Plan through Google Docs. Lists will be collected for the following

1. Sales in buildings – what is being sold? Are they candy/junk food options or healthy options?
2. Non-Food Gifts for parties (list enclosed)
3. Snack Food Options

A one-page document has been developed to summarize the Wellness Plan for students and staff.