

Easton, Redding, Region 9 Boards of Education
Wellness Committee Special Meeting
October 20, 2017
Joel Barlow High School ~ Crowley Room

MINUTES

ATTENDANCE

In attendance were: David Breyer, Stephan Dow, Elizabeth Giglio, David Kennedy, Coleen McLeod, Stephanie Noto, Jeff Parker, Laura Ponzio, Katherine Reed, Alyson Tomaszewski, Stephanie Pierson Ugol, Peggy Zamore

CALL TO ORDER

The meeting was called to order at 1:07 p.m. by Committee Chair, Dr. Stephanie Pierson Ugol.

REVIEW OF MINUTES

MOTION: made to approve Minutes from February 6, 2017: Motion made by David Breyer, seconded by Elizabeth Giglio. Vote: All in favor.

PUBLIC COMMENT

None at this time.

COMMITTEE MEMBER COMMENT

Mr. Parker welcomed Ms. Reed who will serve as the Easton Board of Education representative moving forward.

DISCUSSION AND POSSIBLE ACTION

A. Chartwells Food Service Menu Sampling

Mr. Kennedy shared the following menu items with committee members: Roasted Root Vegetables, tomato soup, fruit smoothie, toasted kale chips, and apple crisp. Committee members commented on the freshness and good flavor of the samples.

B. Curriculum Revision Update

Dr. Pierson Ugol shared curriculum updates including the implementation of Second Step at the elementary level, now in year two of use, to support social and emotional learning. State-mandated sexual abuse prevention lessons will be implemented this year in grades K, 1, 4, and 5 at the elementary level, and yearly at the secondary level. Parents will be informed of the lessons in advance and may opt out of their child's participation.

C. Tower Gardens

Mr. Kennedy reported that the tower gardens are up and running at some schools and resources are available within the district and online for those schools in need of help getting started. Ms. Noto or Mr. Kennedy offered their assistance.

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D. Chartwells Food Service Update

Mr. Kennedy updated the committee on new menu offerings for middle and high schools including coconut water, infused water selections and smoothies. Deli bar days have been increased at the elementary level. Committee members reviewed and discussed menu items.

Chartwells offered parents information about their food service at fall Open House evenings. Ms. Noto described a waste reduction initiative started on a small scale in a nearby district. The initiative was well-received by committee members and Chartwells and Dr. Pierson Ugol and Mrs. Ponzio offered to gather more information for possible small scale trial in ER9.

E. Employee/Adult Wellness Survey

Mrs. Ponzio shared a copy of the Employee Wellness Survey developed by Chartwells and asked for committee member input. The survey will be sent to employees via Survey Monkey to determine if a district employee wellness program should be adopted.

F. Sports Nutrition Lessons for Students/Athletes

Ms. Noto shared options for the high school to provide nutritional information to athletes through a number of avenues. The Head of School and Athletic Director will be contacted to gauge interest.

PUBLIC COMMENT

None at this time.

ADJOURNMENT

MOTION: move to adjourn the ER9 Wellness Committee meeting made by Dr. Pierson Ugol. Seconded by Mrs. Ponzio. Approved. Unanimous.

The meeting was adjourned at 2:20 p.m.

Submitted by:

Dr. Stephanie Pierson Ugol