

*Filed subject to approval.*

Easton, Redding & Region 9 Boards of Education  
Wellness Committee Meeting  
March 27, 2015  
JBHS Library Room

**Attendance**

In attendance were: Robin Abramowicz, Donna Albano, David Breyer, Claudia Downey, Daniel Geraghty, Elizabeth Giglio, David Kennedy, Colleen McLeod, Stephanie Pierson Ugol, Laura Ponzio, and Peggy Zamore.

**I. Call to Order**

The meeting was called to order at 1:02 pm by Committee Chair Mrs. Stephanie Pierson Ugol.

**II. Review of the Minutes**

Ms. Laura Ponzio moved to accept the minutes; they were approved unanimously.

**III. Public Comment**

None at this time.

**IV. Committee Member Comment**

None at this time.

**V. Discussion and Possible Action**

**A. Policies Update**

After two readings of the revised School Nutrition and Physical Activity Policy and the Food Sales Other Than National School Lunch Program Policy, they were accepted by the Easton and Redding Boards of Education.

The Region 9 Board of Education had many questions about the policy after the initial reading, and have tabled discussion of the policy at this time. Until further Board action, Region 9 will follow the old policy.

**B. Communication Plan**

The Committee discussed ways of making ER9 families aware of the Wellness Policy. Chartwells Director of Dining Services for ER9 Mr. David Kennedy and the ER9 Business Manager Laura Ponzio are working on a website that would offer information on the food services. In addition, Chartwells is currently working on "Nutrislice", a phone application, which ER9 will roll out in September 2015. This will allow parents and students to scroll over the menu for a description and the nutritional value of the meal.

### **C. Menu Sampling**

Mr. Kennedy provided the Wellness Committee members with a tasting of representative offerings from ER9 school menus. Vegetable pizza with a whole wheat crust, sandwich wraps with Boar's Head Deli meats, grilled cheese sandwiches with tomato, Caesar salad wraps, and a variety of fruit juices, water, and sparkling natural flavored waters were offered. Members of the committee discussed food ingredients, pricing and student interest and shared positive feedback about the menu samples with Mr. Kennedy.

### **D. Curriculum Revisions**

Ms. Stephanie Pierson Ugol told the committee that the health curriculum is currently being revised at HKMS and JRMS. Over the past 2 years, there have been three full days each year dedicated to those efforts. Mrs. Downey and Mr. Breyer said that the intention was to align the middle school curricula so that a student entering JBHS would have essentially the same curriculum exposure and experience. At the elementary schools the individual teachers are responsible for teaching health and there is a need to update current nutrition and wellness units to include current resources. Use of parent and/or community health volunteers was discussed as way to complement the instruction at the elementary schools.

### **VI. Public Comment**

None at this time.

### **VII. Adjournment**

The meeting was adjourned at 2:22 pm.