

Wellness Meeting

May 18, 2016

Introductions: Special guest: *Kyle Mahan from Aramark*

Principal:

Taste Test Tuesday: Completed **Starts up again in October ** Will need SUG to be sent out in September.

Recycling: *Jenny Monohan*

1. Tara will be checking with Jack our Custodian on the progress for our second recycling can.
2. Jenny will be re-introducing the recycling to our 2-5th graders again next year to keep them recycling. They are really doing a great job!
3. Mrs. Grove and Jenny will be looking to get a table for foods that our students do not want and other students will be allowed to pick them up for consumption.
Share Table ~

Glo Run:

4/22/16. Went very smoothly. Short volunteers. Had enough water coolers and compostable cups to supply all with cold water. Everyone loved the cold bananas and oranges! Need to discuss with Ms. Schmidt on SONS Ministries manning the water station.

Nurse Report: *Robin Trafford and Carly Baker*

Lunch Room: Food

1. Trix yogurt *We can substitute for Danimals yogurt.
2. Salt packets * are in the lunchroom and the staff has noticed not a lot of students use them. The packets are there because there is no additional seasoning on the lunches provided. We can put a segment on moderation of sodium, ranch dressing, sweets and sugars on our Healthy Kids bulletin.
3. Other drink options besides milk? Paying for water.* USDA requires all lunches to have milk or something comparable to milk, (Soy Milk)
4. Nutrition in a pretzel stick. Parents willing to pay more for healthier options. * Pretzels are considered a grain. There has to be 9 grains a week to be offered at lunch. Water is also an option to purchase because we have drinking fountains. ****All of Hilliard School District water fountains were tested for lead and test results came back lower lead levels than required****
5. **If you would like to discuss further food options, please email Lori Gill and will then connect you to Kyle Mahan our contact at Aramark.

Lunch Room: Lunch trays

1. We would like to see the school styrofoam trays out of the lunch room.
2. We are looking into with the help of Kyle Mahan to use smaller trays than the 24x18 size trays to the 15x11 trays.

3. We would need a drying rack with a 3 base cleaning system. Wash, sanitize and air dry.
4. Bradley High School has a dishwasher. To purchase one and to put an extra person in the kitchen is not cost effective for our school.
5. We would start with embedding the ways with our first graders and work our way up to the higher grades.

Gardens:

- Ms. Schmidt's Gardening Club has been working hard on Tuesdays and Fridays after school - they are spreading soil, planting seeds adjusting the layout of the beds
- Sign up genius for summer garden care will go out in the next week. It will first be sent to the Wellness Committee and third grade parents, then to the rest of the school
- I created a Twitter account for the Gardens: RGWgardens1 (We are sharing photos of our Gardening Club, as well as what's being planted and other updates)
- Kim Sirois secured a donation of soil from Price Farm Organics
- I secured a donation of \$75 in gift certificates from Home Depot - so far we have purchased gardening hand tools for the students to use
- We are currently trying to figure out how to create a garden irrigation system - we may create a pvc piping system
- We are also looking for help in building a new composting system

Fruit and Veggie Rewards: Completed **We will continue this tradition next year **

Student Health Bulletin: *Twitter Challenge: *Winter Break?**

This board is now hanging near the girl's bathroom in the main hallway. Last month we concentrated on what to pack in your lunch box. New ideas?

Carn A Fair : Completed. Recommended to make the room more family friendly. Possibly no charge for admission.

Meet the Teacher :

1. We will have a table on that night (date?) to encourage new parents to come to our meetings.
2. A brochure will be made to hand out to parents explaining the group's activities and times of meetings.

Dinner Out:

1. Kyle Mahan will be our on site cook.
2. Looking for possible parents to donate food to go shopping with their family to see where and what to buy.
3. One menu item is something healthy and 30 minutes or less. ?

4. Second menu item would be something International. ?
5. Recipe cards to hand out.
6. The families will sit down and enjoy their dinner with their family.
7. We could possibly combine this night with a school activity already planned by the school.

March ~ National Nutrition Month: Looking at a food journal to be kept in class. 90% of the food in a day is processed foods. Breakfast: Cereal/pancakes - snack: Goldfish Lunch: Chicken Nuggets and carrots - Snack: fruit snacks Dinner: Spaghetti Desert ?

Need fruit and veggies into our daily dietary needs.

Times to meet: When is a good time for you to come to our meetings? Before school? 4pm, 6?

News~Blogs~Movies: Recommended by Mrs. Schmidt (Stalter) Kids Menu movie. "Lunch Hour" with Rachael Ray is another great documentary. Also suggested is "Tapped" you can find at the library and "Bag it"

Ideas on the table: Couch 5K Run. Fundraisers, Screen Free Week, Bring your parents to lunch day (Kiwi Mag), Family obstacle courses, 30 day fitness and fundraising challenges, Teacher-Student competitions (basketball, frisbee, volleyball, baseball)Earth Day,.

Next meeting: TBA 9/21?