

## **Baldwinsville Central School District Wellness Council**

Minutes for 9/29/06 meeting

In Attendance: Colin Kahl, Patty Smith, Linda Law, Jeanna Gates, Bruce Quimby, Julie Carpenter, Sue Sprague, Brian Wright, Shannon Cavedine (minutes taken by Shannon)

- Breakfast kick-off at Elden! Brian Wright shared the good news that the grant project we are implementing now at Elden is off to a good start. 2 new carts with attached bins are bringing breakfast in To Go bags to 4 classrooms (2 fifth grade, 2 fourth grade) in the morning, free of charge in order to increase the interest and participation in our excellent breakfast program. So far so good, the kids are multi-tasking and eating their breakfast while doing deskwork before the day begins. Student reps will be working on posters and promotional materials. We couldn't ask for a better beginning to this.
- New parent rep Sue Sprague was introduced. Sue has 2 kids, one in K one in First at Elden. She is interested in being a parent liaison between the PTA and the Wellness Council, and working with us to promote our healthy initiatives.
- Jeanne Dangle stopped in to let us know that she is looking into inviting a wellness speaker to address the district staff, possibly at the spring PDC day. She and other superintendents are putting together a list of good speakers on wellness topics.
- School store snacks were brought up again, along with student council donut sales, candy in the classroom as rewards in the elementary schools. Last year at a fund-raiser at Baker, 300 DOZEN donuts were sold – that's 3,600 donuts for a student body of about 1,500. That isn't exactly the balance and moderation we're striving for. In addition our parent rep spoke about her concerns (and other parents) regarding junk food rewards in the classrooms. We talked about taking a soft approach this year, spreading the word and the concern, offering ideas and alternatives, and next year allowing the superintendent and school board to take a firmer stance.
- The healthy vending machine that was purchased with a grant Brian received is now down by the athletic trainer's room. It is extremely popular, the students seem to enjoy the choices of Power Bars, cheese sticks, yogurt, cider etc. very much. Brian is pursuing additional choices including vitamin water, cereals etc.
- Finally, we discussed the need this year to break down into sub-committees to keep our momentum going. By doing that, we could have 3 general meetings/year and sub-committees meet between. Brian Wright and I report before the BOE on the work of the Wellness Council in June. Please look at the sub-committees and find one or more that is of interest to you, and get back to me. I will be sending that info very soon in a second email.
- Next meeting will be held **Wednesday, November 29<sup>th</sup> 2006 at 7:30** in the District Office large group room. (Work will be completed at the D.O., so back to the original D.O.)