

**OFFICE OF THE SUPERINTENDENT OF SCHOOLS
Peterborough, New Hampshire**

CONTOOCOOK VALLEY SCHOOL BOARD

WELLNESS COUNCIL

**September 8, 2009
7:00 P.M.**

MINUTES

Attendees: Kimberly Saunders, Tim Iwanowicz, Steve Bartsch, Gib West, Donna Poe, Dr. Hurley, Dr. Kriebel, Donna Reynolds, Katrina Young, Vicki Melon (7:45)

1. Review Agenda, Norms & Roles

Kimberly Saunders called the meeting to order at 7:00 p.m.

Kimberly introduced herself and said that Beverly Bacon is the Chair of the committee and Kimberly is here to facilitate.

2. Approve Minutes

Tim Iwanowicz moved to accept the minutes of the June 10, 2009 meeting. Steve Bartsch second. Unanimous.

3. Outcomes

Kimberly distributed a list of Wellness Committee Outcomes (see attached). Included on the list is the adoption of the Wellness Policy, all Parent Organizations will be invited for the educational piece, all Administrators will be invited for the educational piece and online education materials/video will be available.

4. End of Year Synopsis

Kimberly shared that it is her belief that there are some obstacles with the Wellness Policy. Confirmed. This is a standing committee with a goal to implement a Wellness Policy.

Tim said that there was a standing wellness policy that was not being implemented.

The policy was separated to determine what was and what was not working.

The Wellness Policy was brought to the Board but was tabled.

Dr. Hurley said that he was confused. A policy has been passed. We are not bringing anything new forward.

Tim Iwanowicz said that we are not bringing anything more prohibitive forward.

Donna Reynolds had a set of expectations that she had to comply with that had a ripple throughout the district. Vending changed as well as what was sold in the schools.

Steve Bartsch said that the Food Service Program changed their recipes to adhere to policy. We need to have the conversation with Admin Council about how we are going to move forward.

Kimberly recognized that there are issues hanging out there.

Kim distributed a grid for backward planning. She asked each group to work one outcome backward by creating a planning tool/timeline. The groups broke up and worked on their outcomes for 15 minutes.

5. Recommendations for Food Sales on School Property

Discussion about food sales on school property took place.

Kimberly asked Gib what he would recommend to a person wanting to sell food as a fundraiser. He said that he would start with the healthy food snack list. It is a great parameter.

Katrina said that the list of healthy foods could be taken at face value but not all yogurts are the same. The healthy snack list could be reviewed.

After school – fundraisers, school events...

Steve asked if we wanted to make it more generic to state that healthy items would be sold along with the other items.

Dr. Kriebel said that part of the deal would be to offer healthy choices along with the hot dogs and other less healthy options. Fruit, veggie burgers, healthy drinks, smoothies, baked chips, trail mix, popcorn etc.

Gib said that our health curriculum could be shared with the Board. It would tune them into the comprehensive approach to wellness.

“In addition” to other food items are key words.

Tim Iwanowicz played out a scenario. PTO wants to sell chocolates or cookie dough. It will be sold after school as a fundraiser. Do we stipulate that in addition to cookie dough that oranges be sold as well?

Donna Poe said that there are different online fundraising opportunities that are not food items.

Dr. Hurley said that we need to compare the two Wellness Policies.

He said that physical activity should come into play as well.

Steve Bartsch said that we have to look at the policy that we were proposing and make language changes about what we are proposing.

Gib said that he would like to focus on the stricter policy.

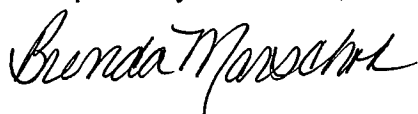
Sales information on fundraising efforts will be sought.

Tim asked about birthday parties. The healthy snack list or non-food items should be considered. A monthly birthday non-food celebration might take place. Whatever is decided must be a consensus for all of our schools.

The next Wellness Council meeting date will be emailed out. Preferences were the first week rather than the second.

Meeting concluded at 8:14 p.m.

Respectfully submitted,



Brenda Marschok

Wellness Committee Outcomes

1. Wellness Policy – Passed
2. All Parent Organizations Invited for Educational Piece
3. All Administrators Invited for Educational Piece
4. Online Education Materials/Video Available