

Wellness Council Meeting
February 2, 2010

In attendance: Micheline Plekarski, Kathy Shanahan, Janet Sanchez, Kirsten Straughan
Maria Delis, Karin Sullivan, Maureen Powers, Sandra Noel, Carol Theesfeld

The meeting started with a discussion begun at the December meeting about the breakfast program.

- Many benefits
 - Well researched and research supports students consuming breakfast.
 - Many food directors across the United States were called by Karin Sullivan
 - Some district's have universal free breakfast because they have a large proportion of free and reduced breakfasts.
 - Some breakfasts were served in the lunch room and some in the classroom
 - Delivery to room by students, takes first 15 minutes while teachers take attendance and give announcements. Breakfast participation rates rose dramatically from 25% to 85%. There is a need to develop a system for ordering. (It was noted that Julian 6th graders who eat last often do not have lunches available to them. In addition, a diabetic child was effected by the lack of food.)
 - Karin Sullivan will meet with John Hodge to discuss the serving of breakfast in a few classrooms at Irving as a pilot project. If John indicates approval, a meeting with Dr. Anderson will be held to obtain district approval for this pilot. The group that did not make AYP was the free and reduced lunch students at Irving and that is why Irving was chosen as a pilot site.
 - A survey was suggested to identify barriers.
 - Mike has had several discussions with Bloomington as they do serve breakfast in classrooms. They suggested that a pilot be done. That breakfast be served from 8-8:15. Use same account as lunch. Academics went up with implementation.
 - There are a number of students in our schools that are hungry-early in the morning, after PE, and before lunch especially 6th graders who eat last at the middle schools. (See notes above regarding lack of food at lunch)
 - There are no scheduled snacks at the middle schools and in some elementary classrooms.

- Maria Delis has done a survey of Hatch free and reduced student participation levels: 23 free eat breakfast, 2 reduced and 6 paid while at lunch there were 51 free, and 15 reduced showing that there are some free and reduced students that could take advantage of a free/reduced breakfast.
- Middle School students are seen at CVS purchasing soda and Flaming Hot Chips prior to the start of school. Kirsten suggested working with groups of students to develop better eating habits for breakfast.
- Mike asked what kinds of breakfast would be envisioned by the Council. A general discussion ensued. (The newest breakfast treat a Frugel was shared with the Council who generally felt it was not as nutritious as other items that could be had for breakfast.)
- Natalie Mikats from UIC indicated she would like to work with the Wellness Council's policy for her master's degree work. She was advised to meet with the districts research committee.
- A Sample of the Nourish to Flourish banner was exhibited. Dr. Anderson will be providing all schools with a banner through LaShawn Ford's office.
- Welches PACK week will be held from March 23-March 28 Daily colors are as follows: Monday-purple, Tuesday-white, Wednesday-red, Thursday-yellow/orange, Friday-green.

A one page project report was requested by Dr. Collins. It will be written and shared with the council prior to being submitted to Dr. Collins

PTO Council update on Wellness Committee was suggested.

The next Wellness Council meeting will be held on April 6th at 7:00 in the Board Room.