

“The mission of the Northern Lehigh School District is to create a challenging and supportive environment dedicated to meeting the diverse educational needs of all learners.”

## **MINUTES**

### **“Wellness Advisory Council Meeting”**

**September 13, 2007**

**3:00 – 4:30 P.M.**

**Slatington Elementary Library**

Nicholas Sham		Judy Lagroterria		Melissa DeSocio	
Laurie Newman-Mankos		Richard ‘Chip’ Klocek		Patty Jones	
Diane Ruff	X	Heather Goodin		Michelle Raber	
Lynne Fedorcha	X	Sharon Schnyder		Tanya Simms	
Karen Nicholas		Carolyn Seyler		Shawn Green	

## **VISION**

NLSD is a committed and nurturing community taking responsibility everyday for positively impacting the physical, social, and academic well being of every child and challenging them to become extraordinary individuals empowered to change the world.

### **A. Update Wellness Policy (PSBA Recommended Changes)**

- Since this meeting was poorly attended, Lynne and Diane took the time to compare our wellness policy to the PSBA recommended changes. We have updated the policy and will present it to the Policy and Education Committee at their November 14 meeting. A report on the changes will be presented at our next meeting.

### **B. Actions**

- Lynne and Karen communicated to the administrators our message requesting teachers to not eat or drink in front of students unless students are eating and drinking. Further, we suggested that teachers be discrete about drinking sodas in front of students. This request was received with mixed emotion. Principals will speak to their faculty about this and let us know of concerns or questions. At this point, we presented it only as a suggestion.
- A list of alternatives to sugary treats was distributed at each of the Open House events for parents to take. The list has also been distributed to elementary classroom teachers to remind them to select healthier food rewards for their students.
- Lynne spoke to Bryan Geist about adding a choice of bottled water to the vending machines at the High School. He is looking for a vendor. If anyone has any connections or suggestions, please email him at [bgeist@nlsd.org](mailto:bgeist@nlsd.org).
- Lynne has not yet checked on adding a Wellness link to our web site. She will have a report at the next meeting.

### **C. Long-Range Planning: Wellness Day**

- We'll keep this planning on the agenda. We need a budget and timeline before we can work on other aspects of planning.

### **D. Meeting Schedule**

- Diane and Lynne discussed reducing meetings to four or five times per year. Committee feedback is appreciated. If we do our homework, we should be able to accomplish what we need to do in a few focused meetings, respecting everyone's already busy schedules.

- **NEXT MEETING: 3:00 – 4:30 PM, November 15, 2007 in Board Room.**

Our next focus → action planning [Please review the Nutrition Standards for Competitive Foods in PA Schools; revised July 27, 2007] You should be able to access this document from the PDE web site\*. If you would like a hard copy, please contact Kathy Tschudy via email [ktschudy@nlsd.org](mailto:ktschudy@nlsd.org) or phone 610-767-9800 x2, and ask her to mail a copy to you.

*\*Go to <http://www.pde.state.pa.us> and type in the search words 'nutrition guidelines'. The Nutrition Standards for Competitive Foods in PA Schools.*

*Another interesting web site is*

*[http://nutrition.hhdev.psu.edu/projectpa/frames\\_html/frames\\_homepage.html](http://nutrition.hhdev.psu.edu/projectpa/frames_html/frames_homepage.html)*

*If you have time to check this site, let us know what you think.*