

“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”

November 15, 2007

3:00 – 4:30 P.M.

Slatington Elementary Library

Nicholas Sham		Judy Lagroterra		Melissa DeSocio	X
Laurie Newman-Mankos		Richard ‘Chip’ Klocek	X	Patty Jones	
Diane Ruff	X	Heather Goodin		Michelle Raber	
Lynne Fedorcha	X	Sharon Schnyder	X	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. Wellness Policy Updates

- Suggested changes to this policy were brought to the attention of the committee. Point of discussion: Health Advisory Council. The committee felt that we should make provisions in the policy to form a Health Advisory Council on an as-need basis. This council will be formed under the direction of the superintendent or designee, which could be the WAC. Members of the WAC could serve on the Health Advisory Council.

B. Actions

- Bottled water has been added as a choice to the vending machines at the high school. Beverages in these vending machines meet the nutrition guidelines – limited sugar as an additive and no carbonated beverages. Elementary students do not have access to vending machines.
- Wellness Advisory Council has a link under Resources on the district web page. We can add wellness articles and other information to this link.
- Communicate with staff: Discourage using food as a reward for student behavior. Suggest non-food rewards. Lynne will look for articles to support this and lists of suggested items.

C. Long-Range Planning 2008-2009

- Classroom parties/holiday celebrations: Inform faculty and public of our interest in following the National Standards for Competitive Foods in PA Schools in order to promote healthier students as well as to be eligible for reimbursement. “Only wrapped candy or high-sugar treats will be distributed at classroom parties/celebrations. These will be sent home so that parents can exercise

discretion in giving these treats to their children.” Also – cafeteria will offer only 100% fruit juice or milk for classroom celebrations.

- Suggestions for promoting wellness changes: Healthy Living Poster Contest for students K-12. Offer prizes to age categories. More discussion is needed to finalize this.
- Suggestion for encouraging faculty discretion with soda consumption: foam can holders (Promotional item); reward teachers who promote healthy habits.
- **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

- The committee agreed to the suggestion to schedule meetings less frequently when there are no pressing issues.
- **NEXT MEETING: 3:00 – 4:30 PM, January 17, 2008 in Board Room.**
Our continued 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 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. A training power point can be found at http://www.pde.state.pa.us/food_nutrition/lib/food_nutrition/nutrition_standards_training.ppt#19*

Another interesting web site is 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.