

Baldwinsville Central School District  
Wellness Council

10/24/07 meeting minutes

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Attending: Brian Wright, Julie Carpenter, Candy Sweeney, Amy Byrne, Dr. Kaushal Nanavati, Colin Kahl, Bruce Quimby, Patty Smith, Cindy Hinkle, Dottie Reid, Judy Tack, Beth Mahon, Shannon Cavedine

**Nutrition sub-committee** – Brian Wright spoke of the continuing changes he is making to increase the nutrients and fiber provided in school lunches. Whole wheat sub rolls, pizza crust are just two of the changes that have been well received by the students. There are new items in the Healthy Vend machine and the Wellness sponsored snack bags on PDC day contained a sampling of items from the Healthy Vend machine. Beth Mahon is in the process of creating a “Food Focus Group” of Baker students who will work together on trying out new school menu items, survey peers and make suggestions regarding school nutrition. Shrinking time for breakfast at Durgee has impacted numbers of students who are able to have breakfast. In previous years students had approximately 18 – 20 minutes for breakfast, now they have 10. Ray students also have about the same amount of time to purchase breakfast, and in both schools foods must be eaten in the cafeteria only. Improving the breakfast program participation was discussed, and ideas such as opening the separate cafeteria entrances to allow students to come in early and have breakfast. Ideas will be discussed and presented to school administrators.

**Physical Activity sub-committee** – There are many wonderful things going on, Bruce Quimby gave info on intramural development, gym times are slotted for 2:30 – 3:15 for Ray students. Training is available for interested and dedicated intramural coaches who are not PE teachers or coaches already – strong interest and commitment are necessary in order to justify the cost of training. (First Aid, CPR, AED) The intramurals concept is one that is geared toward our students who are not already a part of the school athletics program – to provide opportunity for those who may not make it onto a team, to still enjoy the benefit of physical activity and being a part of a team. This is a goal we can all support and do our best to make happen. Signs are up for the fitness trail around the main campus, compliments of the Baker Technology Department’s Jason Lloyd and students in his class. Ideas such as a sign-in post and even a turnstile were discussed to gauge the use and interest in the fitness trail.

**Outreach/Education** – Patty Smith and Shannon Cavedine working on morning wellness announcements for the school levels. Each school Wellness Council rep needs to cultivate several people in their school who are interested in Wellness issues and can work toward implementing wellness initiatives. PDC day ideas were talked about and will be followed up on. Our district physician Dr. Kaushal Nanavati offered ideas and assistance in this area. Brian Wright recently attended a conference featuring Fred

Schaeffer who is a wonderful speaker and health advocate. He has great info and ideas to share, check out his website at [fred@fitfooddude.com](mailto:fred@fitfooddude.com).

### **Superintendent's guidance -**

Brian and Shannon met with Jeanne Dangle 10/18 and she shared her thoughts on the direction she envisions the Wellness Council taking this year. One of the goals of the Wellness Policy is to encourage healthy foods in the classroom as well as not using food as a "reward". Toward this goal, the Wellness Council has provided ideas on alternatives within the Wellness Policy, and over the past two years we have encouraged the use of these healthy ideas in the classroom. As a way to see what classrooms are typically doing across the district, and to gather thoughts and ideas on how to decrease non-nutritional foods in the classroom, Jeanne would like us to begin with surveys. Staff, student and parent surveys will be conducted. Julie Carpenter and Shannon Cavedine will work on survey development, and the individual school Wellness representatives will assist with gathering the information. Ultimately the results will be presented to the Superintendent and the School Board for review.

In addition, Jeanne asked that we look into the new Blue Cross / Blue Shield Excellus Wellness incentives being advertised. Possibly the district could pilot a program, or at the very least disseminate the information to staff members interested in finding out more. Amy Byrne offered to begin the process of researching this.

Jeanne also asked that we raise awareness of the new BMI mandates by getting the info in the Beacon, along with a copy of the standardized forms that parents will begin to see. The outreach sub-committee will be responsible for this.

We talked about community walks – ways to encourage physical activity first among district staff members, and then broaden it to the community. Having a weekly walk on a Wednesday or Thursday morning or evening, where people get together on the campus to walk the fitness trail or track if it's available, would be a way to increase activity and model healthy habits. Jeanne said she could lead a walk once or twice a month, and if we could find others who are also interested, even local TV or radio personalities that we invite to walk with the community.

The Wellness Council advocates a slow but steady culture change that will help us continue to progress in creating the healthiest school environment possible. Anyone who is interested in working on a special project related to wellness, or helping with any of the current work being done, is welcome to call Shannon Cavedine at 638-6018.

Next meeting: January 30, 2008 at 3:30 PM (note afternoon time!!)  
April 30, 2008 at 7:30 AM