

Lyme School District - Lyme School Wellness Committee

Meeting Minutes

Date: Tuesday, September 18, 2018

Start time: 6:04 PM

Present: Jeff Valence, Kari Allen, Larry Reed, Kath Stanton, Becky Wipfler, Rose Knaus, Hayes Greenway

Recent/Summer Projects

- **PEDs at School:** Updating the in-school personal electronic device (PED) policy - 2nd read at 9/25 school board meeting
- **Local Wellness Policy:** Revision of the schools local wellness policy - 2nd read at 9/25 school board meeting
- **Wellness on the Website:** School website now including the wellness committee's work and informational links under the 'wellness committee' tab

School Meal Program Update

- **Lunch Sales:** Larry Reed reports that, thus far, sales are down this year as compared to last year.
- **Meatless Mondays:** Larry states that the new meatless Monday initiative seems to be going over well.
- **Lunch Program Feedback:** Larry acknowledges the need for the planned meal program survey to gauge the interest of the current parent cohort.
- **Chocolate Milk at lunch:** Question raised by parent about removing chocolate milk as a lunch-time beverage choice (due to the high quantity of sugar). Larry states that, as a part of the National School Lunch Program (NSLP), the school is required to offer two types of milk; plain milk must be low-fat or nonfat and flavored milk must be nonfat. Of note, the sale of fat-free chocolate milk is over two times that of low-fat plain milk.
- **Lyme School & the NSLP:** The group discussed the benefits and drawbacks of being involved in the National School Lunch Program. While there are some perceived constraints to the NSLP, there is the opinion that the monetary benefit gained from inclusion in the program, outweighs the restrictions imposed by it.

Identified Future Topics/Initiatives

- **School Lunch Survey:** School-wide meal program online survey for parents - plan to go to parents within the next two weeks.
- **Nutrition Education:** In-school education related to lunch food/beverage choices (this may include a presence at the upcoming open house on October 18 and/or posters/visuals in the cafeteria) with the idea to help children choose healthy options.
- **Lunch with Lyme Residents:** To foster a connection with the community, an idea of a Community Café where members of the Lyme community will be invited to dine in the cafeteria was raised. The group acknowledged that Larry would need advanced notice, the number should be limited and that there would be a fee charged.
- **Staff Wellness:** The committee is interested in supporting a wellness series (e.g. yoga, walking group) for the staff. Details on how the wellness committee can best support this initiative will be discussed with one of the staff members or a liaison.
- **Family Digital Wellness Sessions:** The digital wellness subgroup will be exploring ideas for a 'digital series' for parents and children of the school - the group acknowledged a staff's idea of presenting parents with ideas to combat screen time (e.g. cook together, hike together).
- **School Partnership with Lyme Community Organizations:** Create a way to interface and work effectively with CommunityCare of Lyme and the parish nurses with regard to community wellness - identify a wellness committee liaison to work with these local entities.

End Time: The meeting was adjourned at approximately 7:35 PM

Next Meeting: October 16, 2018 - 6 PM - Lyme School conference room

Respectfully submitted,

Hayes Greenway
Lyme School Board
Wellness Committee Chair