

PAC/Wellness Committee Meeting Minutes

Friday, October 28, 2022

The meeting was called to order by Brenda Clabbatz at 10:43 PM.

Stephanie Donoghue, Wellness Co-coordinator, said she has had some inquiries on the ability to walk inside this year with the renovations taking place in the building. Brenda said that it will be available but the walking route will be altered and well-marked.

Melissa Turben, Wellness Co-coordinator, noted that her student representatives from last year have had some changes. One is no longer attending school on campus and that she had forgotten to tell the other student.

It was agreed by all present to utilize email for the Wellness information as opposed to email and posting the same things on the Wellness Bulletin Boards. It was felt that the email is more widely read than the boards.

Brenda said she would still like to have four meetings a year. The remaining three meetings will be scheduled for January, March and May this year.

Amanda Ongley from Nutrition, Inc. was not working today. But she did update Brenda that Kick Start energy drink is not available any longer to order. They will sell what is still in stock here, but no more will be ordered in the future.

It was agreed that the menu options have a nice variety. The High School is always adding options and they have found the need to limit the options at the Primary School because it was too overwhelming for the little children.

Kim Bova asked about the lunch break time for the café staff. Her class has always gone to café about five minutes early to avoid the hallway and line congestion at lunch. This year, the ladies are eating and said they will not serve until lunch time at 11:55. Kim said that by the time, they go to their stations and get the food out, the other students are arriving and it creates issues for the students in the Life Skills class. Brenda and Bill West both stated that there have not been schedule changes so this must be an internal cafeteria change. Brenda said she will look into this.

Kim also read a letter from Olivia Wojcicehowski who is the Middle School Life Skills Teacher asking about the Share Table. In the past, items left on the share table were brought to her classroom which was a tremendous help as her students usually need the extra food. She said that has stopped. Stephanie Donoghue also stated that she used to get some of the items which was a tremendous help for students who have sugar issues and need a snack. Brenda stated that the Share table is still available and that not as much is being left on it. She also noted that adults are not to take from the table and that refrigerated items are not allowed to be left on the table due to federal regulations. Brenda said that if an aide or a teacher needs to grab a few items for

a particular student, she is more comfortable with that than other staff bringing all of the items on a cart to their rooms. Brenda also offered to budget money for snacks for the nurse and the Life Skills classroom.

Stephanie Donoghue noted that recently a student was choking while in the cafeteria eating. The SRO was able to help. He thankfully saved this student's life. Stephanie asked if Choking first aid training could be provided for all staff. She and Melissa could even do a quick demonstration on helping someone who is choking. It was recommended that even a quick video on how to perform the Heimlich Maneuver would be helpful and could be sent to all staff.

All PAC items were discussed. Menu choices are good, food quality is good and the eating environment and times are good, except noted above for Life Skills students time. The price is good since it is now free to all students with the CEP program. Also, mentioned was that parents or staff can go onto School Café to add money to their accounts. Ala carte items, second student meals and adult meals are not to be charged. Currently, we do not have much going on with Farm to School. Nick Krasa's class is still growing items through hydroponics in his stem class.

All Wellness items were also discussed. We have nutrition education in our health classes, and physical activity and education in our physical education classes. We are having no issues with fund raising activities or competitive foods. Dan Daum mentioned that in lieu of Safe Routes to School the Walk More, Move More program was used this year. Students got outside and walked around the buildings.

We have been fully approved in all three buildings as a Blue Zone establishment. Unfortunately, Blue Zone will not be funded through the County of Erie after December 2022.

Other Business: We are still in need of a Board member for our panel. Brenda will mention this at the next Board Meeting.

Adjournment: 11:30 PM

Respectfully submitted,

Brenda Clabbatz