

Suffield Board of Education
Policy Subcommittee Meeting Minutes
April 30, 2018 at 5:00 p.m.
Central Office Conference Room

Attendees: Board members: Debra Dudack, Maureen Sattan, Susan Mercik Davis, Kendra Wiesel, and Superintendent Karen Berasi

I. Call to Order: 5:06 p.m.

II. Policies for Review and Discussion:

1. **Policy 6142.101 - Wellness Policy**: Subcommittee members discussed recent activities with the Wellness Committee, which include surveys that teachers and the food services director are preparing for students, teachers and parents. Superintendent Berasi also showed members a new website the food services director is working to build that will allow parents to hover over menus to see the nutritional value of the food offered. Members also discussed resources that may be useful in crafting the Wellness Policy, including a wellness webpage from Meriden Public Schools, the School Nutrition Association of Connecticut, Healthy Foods, USDA guidelines, and CT.gov. Members briefly discussed whether this policy should be broadened to include mental health. Members were favorable toward moving forward with research on a mental health statement or policy, however decided it would probably fit best as its own standalone policy to be researched and worked on, with attorney input, at a future date. Members expressed interest in having a chair of the Wellness Committee appointed at the next Wellness Committee meeting. Members then began to discuss draft language for a revised wellness policy, which includes two focus areas: Nutrition Promotion & Education and Physical Activity & Physical Education. Ms. Wiesel is planning to research whether there is a requirement for the Wellness Committee to meet four times a year, as some district policies state. If there is no requirement, members supported policy language that states the Wellness Committee shall meet at least three times per year. Members suggested having a specific section in the policy detailing the charge of the Wellness Committee and making sure guidelines for Nutrition Promotion & Education immediately follow the goals for that focus area, with a similar layout also for the Physical Activity & Physical Education focus area. Members also expressed a desire to maintain language from our current policy regarding staff wellness. Members also discussed the requirement to set standards for foods and beverages brought into the school for birthday parties and/or classroom celebrations. They discussed the idea of having treat-free birthday celebrations and two instances during the year where classroom celebrations with outside food and beverages would be permitted. Members discussed whether standards need to be set around fundraisers, which does not appear to be the case under the state's final rule to strengthen wellness policies. Ms. Dudack is going to work on revising the draft policy language based on feedback from the Policy Subcommittee. The subcommittee is planning to present draft language to the Wellness Committee for consideration at its upcoming meeting on Friday, May 18 and will incorporate feedback before presenting a draft policy to the full Board of Education for consideration.

III. Adjournment

The subcommittee meeting adjourned at 6:56 p.m.