

**NORTH SALEM CENTRAL SCHOOL DISTRICT
WELLNESS COMMITTEE
September 15, 2009**

MINUTES

Attendees: M. Agne, G. Bovino, G. Carnevali, K. Castelli, C. Considine, D. Demeo, RM. DosSantos, R. Driscoll, G. Green, C.A. Hughes, B. Lavrakas, B. Loughran, S. Moyer, T.Navarro, S. Papp, A. Sicheri, R. VanScoy, M. Hauser

NEXT MEETING: TUESDAY OCTOBER 14, 3:15 LIBRARY CLASSROOM

1. Introduction to Whitsons School Nutrition Food Service
Lisa Cantor, Director of Food Service gave an overview for the Committee- it is a family run company which took on 11 new accounts this fall. She brought a delicious fruit salad and cookies for us to sample. All cookies are whole grain. She also showed samples of salads and sandwiches. They use a line of salad dressings called Naturally Delicious (developed by Cain). She talked about several programs the company integrates into the lunch program which includes posters in the cafeteria. They have an allergy program and they have an allergen binder available in the cafeteria.
2. Beverly Blount from POMPCO was introduced and gave an overview from POMPCO's perspective on prevention. She noted she attended to hear what we are doing in terms of staff health and to see if she could support us in any way. She distributed small bottles of Purell to members.
3. Brief review of goals for the year based on consensus at final meeting in June. Focus will be on Health Promotion for Staff and increasing awareness of the Wellness Policy throughout the school community which includes addressing snacks beyond the cafeteria.
4. Activity: Choosing the top 2 choices of topics from EAP – each member chose their top two choices. Results are as follows:
 - a. Top choice topic (11): Stress Management
 - b. Second choice topic (8): Balancing the Demands of Work and Life
 - c. Third choice topic (7): Building Stress Resilience
 - d. Fourth choice topic (6): Assertive Communication
 - e. Fifth choice topic (1): Managing the Holidays
 - f. Other topics written: Effective Communication and Managing life during these difficult economic times
5. Activity 2: Planning the Wellness Calendar throughout the year. Overall topics were reviewed and edited. As the topics for each month was reviewed, members wrote activities that would fit under that month beginning in October.
See attached for draft calendar as of 10/1/09 to be reviewed at next meeting.

