

Auburn District Wellness Team Meeting

School Administration Building

April 5, 2018 3:15 – 4:15 PM

Team Members (Attending)

Dorothy Kauffman - School Committee Member
Janice King – Director of Food Services
Kathryn Tobey - Wellness Department Chair K-12
Megan Berg – SWIS Guidance Counselor I - Z
Jamie Nikopoulos - SWIS School Counselor A - H
Carrie Cashman – Pakachoag School Nurse
Sarah Connell – SWIS Media Literacy Teacher
Mary Scannell – AMS Reading Specialist

AGENDA

1. SWIS CAN – Grade 4 Student Culinary and Nutrition After School Program 3 – 5 PM Update: Jamie
Preview run through meeting March 13th - 2 PM at SWIS.
March 27 Kitchen Safety and Food Fun
April 3 Herbs, Greens – Salads and Dressings
April 10 Pizza from the Garden –Hydration, Herb and Fruit/Veg Flavored water
April 24 Healthy Substitutes in Simple Recipes – Label Reading
School Vacation Week
May 1 Make @ Home Snacks Quick Energy Foods - Raw vs. Cooked
May 8 Sandwiches & Bento Box Lunch
May 15 Focus on Dinnertime at Home and Chocolate Dessert – Focus on Wellness

Jamie will share CAN templates will be shared with all members to post and share ideas on google drive especially for first three afterschool dates. **Update for 4/5 - Janice**

2. Update Sarah Connell on Arbor Day Celebration at SWIS Grow Boston – Magazine article on starting school gardens. **Update – Janice**
3. School Celebrations – Carrie Cashman - **Updates**
Carrie checked out other resources of how schools are managing food/beverages for school celebrations, this is what seemed similar in several policies: 1 Savory food brought in by ONE parent, 1 Sweet brought in by ONE parent and 1 Vegetable/Fruit (Janice added) brought in by ONE parent. This helps to cut down on outside food coming in to the schools. Let me know if that helps. **Update: Meeting update that was discussed was to add/consider Non-Food/Beverage Celebrations and whether prepackaged items would be recommended except for fruits and vegetables.**
4. MA Ag in the Classroom, Nutrition and Wellness - **PD Day March 17, 2017 Great Reviews!!!**
Update on Grant Proposal: Gardens at School to Grow Healthy Kids - K - 5 PD Day (2 - 1.5 hour sessions.)
5. Grant Writers – **Everyone offered opportunity to write grants as they become available.**
6. Making Accommodations for Children w/ Disabilities or Special Dietary Needs in Schools – Update Janice
Will review topic at next meeting with Carrie to share and discuss Nursing perspectives.
7. **Next Meeting – May**
8. Update Next Strategic Plan meeting is April 10th 3:30 – 5 PM at West Street. **All new members are to review the strategic plan to become familiar with the Health, Wellness and Safety section of the District Strategic Plan. Want to continue further discussion on social and emotional learning. Our Task Force has convened its first meeting to focus on this topic for the strategic plan.**