



# Mid Valley School District

52 Underwood Road \* Throop, PA 18512

Chad Vinansky, Supervisor of Student Services

**April 11, 2018**

(570) 307-1150

## Wellness Policy Agenda

### Mid Valley Secondary Center Secondary Center Cafeteria

1. **We are starting Organized Recess on April 11, 2018.**
  - Attached flyer
  
2. **Wellness Checklist:**
  - Go over the checklist to ensure we are in compliance with the policy.
  
3. **SMART TABLES (allergy free tables) in the cafeteria for students. Feedback**
  - Mrs. Costanzo- Nutrition Group: Smart Tables.
  - Mr. Lopez-Elementary Center: In the elementary we have a peanut free table.
  - Mr. Kovaleski- Secondary Center: **was not present.** Currently we do not have a table. However, we can definitely include a table at the high school but we find at the high school level the kids don't sit at them because they feel segregated. The students tend to be old enough to understand and handle their allergy
  
4. **Idea of no more food brought into the buildings:**
  - a. Instead of a party, the school would potentially, provide the student(s) an extra 15 minute recess once a month. During this time the school would celebrate the students who had a birthday during the month.
    - ✓ Feedback about potential changes to the Wellness policy:
      - PTSA from the elementary: Mr. Lopez
      - Mr. Lopez will speak to teachers:
        - ✓ The school would still have their annual Halloween and Winter Party. However, there would be healthy snacks available
      - Mr. Kovaleski will speak to teachers: There are not many teachers that would have an issue.
      - **PTSA SECONDARY CENTER FEEDBACK:**
        - Mr. Kovaleski, briefly spoke about the Wellness Policy at the PTSA meeting in the secondary Center last night. I asked for feedback however there were not too many people there.
        - **ELEMENTARY TEACHER:** was at the meeting. The teacher was asked her opinion about stopping birthday treats in the elementary school. She did not agree with that. She mentioned maybe having a list of approved snack items that could be given to the parents. Any snacks sent into the school would have to be on the approved list. She did not agree with changing to 1 birthday celebration per month. She said that she does not think that a child having a cupcake at school leads to unhealthy eating habits and/or obesity. Someone also asked why pizza and cupcakes are both considered a "non-healthy" food. They also asked what foods are acceptable because some of the items in the cafeteria do not seem to follow this policy (ie. pop-tarts). Mr. Kovaleski, said that the policy is on the school website so they can review it in its entirety.
        - **Suggestion** to designate 1 day a month as "birthday day" - let's say the 15th of every month. So on the 15th of every month every child in the school that has a birthday that month will receive a "gift". I have seen some schools give out a pack of fruit snacks or a small cookie or small ice cream. This can be managed by the school or cafeteria (if the cafeteria manages it then we would bill the district every month for that months snack). I have seen other schools give out a pencil, a small toy - you can also do a free homework pass!



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## Notes from the meeting:

1. *Mr. Lopez made the Wellness Committee aware the Elementary Center has a smart table and a peanut free table.*
2. *We went over the Wellness Policy Assessment Took to see how well the school is doing with the wellness policy for the 2017-2018 school year.*
3. *We discussed ideas for replacing food being brought into the school for birthday parties in the 2018-2019 school year.*
  - *Discussed possibly asking the PTA homeroom parents to be in charge of finding out who has a birthday for the month.*
  - *Possible idea would be for the PTA homeroom parent would collect money from all of the families for one birthday party.*
  - *We discussed the idea of adding 15 minutes a month to one recess as a birthday recess for all students.*
  - *We talked about announcing the names of students who have a birthday over the morning announcements.*
  - *We talked about having a birthday lunch for the month with Mr. Lopez.*
  - *Discussed the issue with food being brought n that is homemade and students having allergic reactions. There is a need for the list of ingredients on all food.*
  - *Discussed having a raffle for the birthday students each month and giving out a gift card to winning birthday for the month for the grade. Gift card to Walmart was suggested.*
4. *We discussed the Ala Carte line and limiting the number of snacks a student can purchase. The purpose is to help eliminate students having snacks as a replacement for a lunch.*
5. *We stated our next meeting would be on May 1, 2018 to go over the results from the survey sent to the entire Wellness Committee about replacing birthday parties in the schools for the 2018-2019 school year. We came up with two questions to ask the entire committee.*
  - *Are you in favor of no longer having student Birthday parties in the elementary center for the 2018-2019 school year?*
  - *Do you like the idea of replacing student birthday parties with an extra 15 minutes added onto recess once a month, and students being recognized on their birthday during the morning announcements?*