

Cristo Rey Brooklyn High School

Wellness Committee Agenda

Date: December 8, 2017

Attending Members:

Racquel Bailey (Finance Associate) - rbailey@crstoreybrooklyn.org

John Infortunio (Finance Director) - jinfortunio@crstoreybrooklyn.org

Betty Choi (Finance Manager) bchoi@crstoreybrooklyn.com

We are meeting today to maintain and discuss our Wellness Policy goals as participants of The National School Lunch Program. Our Wellness Committee is charged with maintaining this policy.

- Is the menu what student's want? Are there meal days students refuse the meal?
Most students like the food a bit better than the meals served in the past, however students feel portions are too small. Students would like hot hogs served more often, along with macaroni & cheese and meatballs.

More fresh fruit is requested rather than the frozen mixed fruits offered.
- Are the meal periods long enough for students to enjoy their food?
The students have sufficient time for mal periods.
- Is the dining room appropriate for student's needs?
Dining room is an appropriate size for students
- Is water available for students during lunch?
Yes
- Are there other food items that we should serve? Are there items we should serve more often? Less often?
Along with the items mentioned in #1, more varieties of hot breakfast are requested.
- Do the meals meet NYSED and National School Lunch requirements?
Yes

Menu Discussion:

- Outside Food - What limitations do we want, if any, to implement on foods brought into school? **Students are not allowed to bring food from the outside into school.**
- Are there any new policies that should be reviewed or adopted at this time?
Not at this time.

Physical Education

- Are the current PE hours sufficient for students?
Students currently receive 45 - 55 min of exercise daily in the gym

Nutritional Classroom Education:

- Are we in compliance with our classroom educational goals?
Nutrition information and discussions takes place in Gym and Health class.

Are the following points being practiced at the school?

The School aims to teach, encourage, and support healthy eating by students. We will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
Science and Health classes implement nutritional discussion and activities
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

It is a School policy that fund raisers are not allowed during meal-service time.

- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

Communications with Parents

- Do parents have input to the menus?
Parent voice their comments to the administration regarding the menu and meal choices and seem pleased with the current food program and what they serve.
- Do parents know what is being served in the cafeteria?
Yes, parents are aware of the menu and the food choices that their students have. PTA meetings have also fostered discussions about the food service program, giving parents who attend the meeting necessary information and a forum to voice concerns or acknowledgement.
- Do students have input to the menu?
Yes, students can voice their concerns or acknowledgements to the Dean who is present during every lunch period.