

Wellness Committee Meetings Summaries Spring 2023

Bradford Area High School: February 23, 2023

The committee discussed the breakfast foods the students and staff liked, which include:

- Cinnamon Rolls
- Sandwiches

There were no items that they did not like.

Students mentioned that the reason some students do not eat breakfast is that they are not hungry, mostly because they eat at home.

The committee discussed the lunch foods the students and staff like, which include:

- Salads
- Mac and Cheese
- Pizza

There were no items that they did not like. The students and teachers were not aware of the specifics of what qualifies as "taking a lunch". Students do not need to take an entire entrée and can just take sides of milk. Food Service will make students better aware of the options of what constitutes a lunch.

Cafeteria staffing was discussed, and the students/staff noted the lines and wait times are much better. The BAHS Cafeteria is fully staffed again, and it was noted the students/teachers appreciated the staff and that the staff have excellent relationships with the students.

The free lunch program was discussed. More students are eating both breakfast and lunch. Dana Mollander, Food Service Manager explained the process for the District to remain in the program and then she shared the following statistics:

- 62% of BAHS Students each lunch each day on average
- 175 breakfasts are served daily on average.
- 400 lunches are served daily on average.

The Wellness Program and the limits on food options were discussed and it was shared as to why soda, candy, chips, etc. cannot be sold during the day and must wait to be sold 30 minutes after the end of the student day.

Bradford Area High School: May 3, 2023

It was discussed why student pack their lunch and students stated it was due to;

- Habit
- Wait time.
- Pack extra for after school activities (athletics)

Students again had very positive comments regarding the food service staff. They noted:

- Staff are friendly.
- The cooks are good (food is good)
- The staff have positive relationships with the students – they know them by name and often know what they like. Mary is very vocal with breakfast.

Students were again asked which foods they enjoy, and they included:

- Cheeseburgers
- Breakfast Pizza
- Mac and Cheese

Regarding Wellness, students offered the following:

It was asked if anything else could be incorporated into the day such as students using the gymnasium, track and weightroom.

It was asked if there are opportunities for the staff. Ideas shared include:

- Look into reduced rates at the YMCA (please note there is and has been a reduced rate as a corporate partner).
- Create challenges such as – putting down devices, step challenges, etc.

It was asked how to get the menu out to parents/students/staff and the following suggestions were made:

- Send out Remind Messages.
- Send out menu emails.
- Add upcoming meals to the announcements.
- Create a student bulletin and have options for the following week.
- Have the menu posted in the auditorium, cafeteria and around the building.

How can we get more student input? It was suggested that surveys could be conducted.

School Street Elementary School: April 24, 2023

Members introduced themselves and identified their relationship to the school (student, staff, parent and food service staff).

Students shared the popular breakfast items that include:

- Strawberry Pop Tarts
- Strudel
- Breakfast Bars

Popular lunch items include:

- Pizza
- Mac and Cheese

Mrs. Tingley (Principal) asked students to go back to their classrooms and gather input from their peers to share at the next meeting.

Suggested menu items for the future include:

- Peanut butter for dipping
- Hard boiled eggs
- Pickles
- Homemade desserts
- Samples of new and unique items

Members suggested a "share table" of unopened items so they don't go to waste.

The committee discussed possible wellness activities to promote student and staff wellness. The following suggestions were made:

- Planned activities on the playground.
- Integrate movement activities into the classroom such as Hopscotch Math.
- Have "boot scootin" lesson so staff and students can learn different dance moves and have a dance competition at the end of the lunch periods.
- Use a meditation app on the monitors for the cafeteria and classrooms and use ASMR videos.

Will discuss student feedback at the next meeting in May.

School Street Elementary School: May 26, 2023

The committee revisited the recommendations from the last meeting for the breakfast and lunch menus. Students shared their peer's suggestions:

- More pizza options.
- Having chocolate milk as an option for breakfast
- Asked if breakfast sandwiches could be an option for lunch.
- Discussion of a slushy machine like the one at Fretz

- Offering salads as an everyday option

Mrs. Mollander, Food Service Director, explained the new sodium targets that must be followed. She said they are in the process of revamping recipes and trying new meals that will still meet the required guidelines and still offer a delicious product for students and staff.

Physical activity ideas were shared. Mrs. Boser suggested having a lending library of wellness items for the staff to check out and use at home (exercise bands, small weights, etc.). There was a discussion of having a school walk in September and other activities discussed were:

- A dance off at the end of each lunch period
- Using the televisions in the cafeteria to play ASMR Videos.

There was also the discussion about buying all students reusable water bottles to encourage more water consumption in school.

The committee will reconvene during the first marking period next year to continue to implement plans based on the ideas suggested.

GGB Elementary School: January 12, 2023

Breakfast Thoughts:

- Likes:
 - o Cinnamon rolls
 - o Cereal
 - o Donuts
 - o Pop tarts
- Dislikes:
 - o Raisins
 - o Applesauce
 - o Oranges need to be wedged as they are difficult to peel.
- Concerns:
 - o Syrup cups are hard in the classroom (to open or they are spilling?)
 - o Having access to the correct milk
- Wants:
 - o French toast sticks
 - o Frosted donuts

Lunch Thoughts:

- Likes:
 - o Pizza
 - o Chicken Nuggets
 - o Corn Dogs
 - o Mac and Cheese
 - o Keeping second choice option the same each day (breakfast for lunch is popular).
- Dislikes:
 - o Juice is always frozen.
 - o Butter is hard for Pre-K
- Concerns:
 - o Want to spread jelly around on sandwiches.
- Wants:
 - o More chocolate ice cream
 - o Salad as a choice
 - o

Snack Thoughts:

- Would like more popsicle flavors.
- Fruit cups

Wellness Ideas:

- Mental: Paths, small groups, SAP, calming corners, professional development
- Physical: Screenings, recess, PE classes weekly, smart snacks and brain breaks

Good of the Order:

- Holiday dinners are popular with the staff and students.
- Environment and the staff are very positive, friendly and inviting.
- DeeDee responded quickly.
- Maybe a pancake day with different toppings
- Adult lunches, would like personal pan pizzas, bring back salads and bread bowls.

GGB Elementary School: April 18, 2023

Breakfast Thoughts:

- Pancakes
- Chocolate Cereal
- Cinnamon Rolls
- Apples
- Bananas
- It was noted that the breakfast kiosk in kindergarten is going well.

Lunch Thoughts:

- Chicken nuggets
- Popcorn chicken
- Pizza
- Italian food
- Soft shell tacos
- Not running out of food (just certain items??)
- Treats are well received – like the decorations, gifts, Cat and the Hat guest appearances.

Snack Thoughts:

- Gummies
- Slim Jims
- Pears
- Carrots
- Donuts
- Oranges (at lunch)
- Ice Cream twice a week (Wednesday and Friday)
- Frozen Strawberries

Good of the Order:

- Kindergarten Transition to Kiosk – Nicole will check for plan for next year.
- Packers can get treats on special days.
- Paint the cafeteria to make it more fun (food on walls), rainbow colors, etc.
- End of day snack time for others (others?)
- Share bin (cafeteria)

- Supply snacks for each classroom because most students don't bring them.
- Extra fruit at breakfast

Fretz Middle School