

MONTROSE AREA SCHOOL DISTRICT
HEALTH ADVISORY COUNCIL MEETING
CHOCONUT VALLEY FACULTY ROOM
MEETING DATE DECEMBER 6, 2007, 7:00 P.M.

Mr. Chris Catterson
President, Board of Directors

Mr. Michael F. Ognosky
Superintendent of Schools

Health Advisory Council Meeting

December 6, 2007 Health Advisory Council meeting began at 7:00 PM in the Faculty Room of the Choconut Valley Elementary School

Board Members Present: Chris Catterson and Mary Homan

Administrators Present: Mike Ognosky and Betsy O'Malley

Committee Members Present: Charm Giangrieco, Judy Ochse, Karl Wimmer, Katie Rosenkrans, Francesca Edgington-Giordano.

I. Old Business:

- Review of the minutes of the September meeting included an update on the following Wellness issues that were discussed:
 - ✓ **PANA Report Update:** Members were reminded to review the materials provided at the September meeting for the purpose of discussion at our next meeting.
 - ✓ **Health Fair 2008:** Betsy O'Malley presented an update on behalf of Jean Hollister, who was unable to attend tonight's meeting. A survey of the professional staff is being developed in order to determine the most desired screening information for the October 10, 2008 in-service day. On that day we will present a Health Fair to the professional staff that will include a number of varied screenings and presentations centered around Wellness and Health issues.
 - ✓ **Exercise Trail @ Choconut Valley:** Mr. Ognosky provided an update on the Exercise Trail senior project at Choconut Valley and, following discussions with the seniors, reported that the trail has been updated and with the exception of a sign at the entrance way and the construction of a picnic table along the trail, the project is completed. Our next scheduled meeting at Choconut Valley is in June and a suggestion is to have a walk of the trail as part of the meeting.
 - ✓ **Wellness Teams:** The professional staff of the district has organized a Wellness Team competition initiated by one of the High School teachers, Charlotte Sherwood. Each team has 4 members and they will compete in a weight loss competition against each other.
- Review of a number of Food Service items that had been discussed in September – Betsy O'Malley supplied an update on each of the item for the committee's review:
 - ✓ **Fresh Fruit and Vegetable Grant:** The grant is continuing in its second year at the Lathrop Street Elementary School and is in full operation. As of December, there is a total of \$22,000 remaining in the current grant total. Betsy anticipates that the funding will exhaust itself sometime in late February. The grant has been very successful and it is Betsy's hope that she can now complete a successful application for the Choconut Valley Elementary School.

- ✓ **Meteor Express Line at the High School:** This line is now an everyday option for students at the High School Lunch and includes a choice of a full salad bar or the making of a sandwich from selected meats. Currently, 175 students per day (on average) are taking advantage of this additional selection line.
- ✓ **Carbohydrates Count:** The Food Service Department and the Technology Department have worked hand in hand to develop a carbohydrate count list for lunch items that is now available on the web page. Mrs. Ochse, School Nurse Practitioner at Choconut Valley, explained that the page is utilized on a daily basis by the nurses and encouraged parents to utilize it as well. A suggestion was to place a carbohydrate count on the front of the web page directing the parents to that information.
- ✓ **Bottled Water at the Elementary Schools:** Bottled water (8 ounce servings) is now available in the elementary cafeterias.
- ✓ **Breakfast programs at the Elementary Schools** – There has been a switch in the menus at the elementary cafeterias to more healthy items in line with the list provided by the Competitive Foods Standards. This was accomplished in the month of November. Breakfast participation in Lathrop Street is currently approximately 19% of the students per day; while at Choconut Valley the participation is approximately 27% of the student body per day. The switch in menus has not resulted in an appreciable decline in participation – 2% at Lathrop Street and 1% at Choconut Valley.

II. New Business:

- Katie Rosenkrans
 - ✓ Presented a concern that she had regarding the addressing of Health curriculum items, especially in the primary level in the elementary schools. Recently, she had her students take a pre-test survey on health issues and was very concerned about the lack of knowledge on the part of the students.
 - ✓ Mr. Ognosky provided members present with a copy of the Academic Standards for Health, Safety and Physical Education and the committee reviewed the state standards for the elementary schools.
 - ✓ Following a lengthy discussion, Mr. Ognosky recommended that the elementary principals and physical education teachers survey the staff as to which of the standards they meet during the year in their classes. Results will be analyzed and a plan will be put in place to better deliver those standards that are currently either being missed or not emphasized appropriately.
 - ✓ Katie will report back to the group in March with the results of the work.
- Charm Giangrieco
 - ✓ Charm asked Betsy O'Malley if the Food Service Directors have the availability of group meetings in which they are able to discuss wellness and health issues as they apply to the meal programs in schools. Betsy responded that there are ample opportunities for participation in those types of meetings and that as recently as early November she did take part in a meeting in Harrisburg in which menu items and ideas were shared. Professional organizations such as the School Business Officials also offer seminars to Food Service Directors on these topics.
 - ✓ A discussion was also held regarding the financial operations of the Food Service Department, and specifically, the fact that they are an independent financial entity in the District. This is not an uncommon practice for school districts to either have an independent Food Service operation or contract a company to provide such service. One of the things discussed is that the district will provide assistance in major equipment replacements, etc.
- Mike Ognosky
 - ✓ Mike explained that the Department of Education has explained to school districts that the sole purpose of the original Wellness Committees was to create a Wellness Policy to be approved by the Board of Education and submitted to the state. When that task was completed the Wellness Committee would no longer exist. If a District has decided to keep a Wellness Committee in tact (like we have) it should now become the Superintendent's Health Advisory Council and continue to meet quarterly to discuss issues related to Health and Wellness. From this point forward, our Wellness Committee will be referred to as the Health Advisory Council and we will continue to meet in March, June, September and December of the year to discuss issues that relate to Health and Wellness. Thanks to all of you for your continued participation in the group.

III. Open Forum

- Francesca Edgington-Giordano
 - ✓ Francesca suggested that the Food Service Department consider a mobile breakfast station for the new wing of the high school that is utilized for the homeroom area for seniors. A large number of seniors may participate in breakfast, but the distance from the cafeteria is a deterrent. If a mobile station was provided that served only packaged items, etc. senior participation may improve.
- Betsy O'Malley and Mike Ognosky
 - ✓ A discussion was held regarding the milk vending machine in the cafeteria that was provided by the Dairymen's League 4 years ago. The size of the servings which fill the machine slots are beyond that allowed by the Competitive Food Standards. Betsy has looked into replacing the "guts" of the machine to handle a smaller packaged product that will meet the standards but the cost is prohibitive (approximately \$1,000 with labor). She has approached Evie Goff (Dairymen's League representative) regarding the problem and both are continuing to work on a solution. Chris Caterson suggested that if money is an issue that it could be brought before the board for consideration.
- Katie Rosenkrans
 - ✓ Katie inquired about the cleanliness of the cardio room at the high school and if there is continuing to be a concerted effort on the part of the Physical Education Staff and the Custodial Staff to maintain the cleanliness of the room. Mr. Ognosky will speak to the High School Principal and the Director of Buildings and Grounds and reemphasize the importance of the cleaning of the machines after each individual use of the machine.
 - ✓ Katie also asked Betsy if she has heard of the "Hidden Valley Ranch Grant". Betsy replied that she had – but the rather small nature of the grant and the fact that only one school in the state will be awarded the grant has limited her interest.

Meeting adjourned at 8:17 p.m.

Mike Ognosky

Mike Ognosky, Superintendent

Next Health Advisory Council meeting is scheduled for Tuesday, March 18th at 7 p.m. in the Junior –Senior High School Cafeteria.