



POQUOSON CITY PUBLIC SCHOOLS

Office of Student Services

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School Health Advisory Board (SHAB) Meeting Agenda

January 17, 2018

8:30 – 9:30 a.m.

Poquoson Elementary School C-200

Focus on nutrition and physical activity, and maintaining healthy habits for students and staff

I. Welcome and Introductions – Ashley Reyher

Present: Barbara Riggins, School Nurse Coordinator
Barbara Wood, PES Principal
Ashley Reyher, Director of Student Services
Steve Pappas, Executive Director of Operations
Deb Banton, Parks and Rec Advisory Board
Tina Wolf, Food Service Director, Aramark

Absent: Gloria Insley, PHS Health/PE teacher
ECPI Nursing Representative
Karen Gangitano, Peninsula Health District
Dawn Martin, Parent
Carol Steiner, Physician

II. Review of Updates to Wellness Policy and Superintendent's Regulation- Steve Pappas and Ashley Reyher

Ms. Reyher reviewed the changes to the Wellness Policy and Superintendent's Regulation. Updates were noted, specifically the frequency of SHAB meetings, membership, and activities occurring at the school level related to health and wellness. Mr. Pappas provided a legislative update related to the Healthy Hunger-Free Kids Act, specifically an increased emphasis on integration of nutrition and wellness-related education in the classroom.

III. Food Services update – Steve Pappas and Tina Wolf

Mr. Pappas explained the update to the division's ability to appeal the updated grain requirement in school meal content. Ms. Wolf reviewed the guidelines for health snacks and Dr. Wood provided input about how that is communicated to teachers. Ms. Riggins provided feedback about the breakfast program, noting that students are eating the breakfast. Ms. Wolf shared that

part of the marketing campaign from Aramark emphasizes breakfast. Mr. Pappas and Dr. Wood have a plan to pilot a breakfast in the classroom program in 5th grade. The next step in this plan is coordinating communication. Mr. Pappas shared a presentation about the Garden Tower Project that is being implemented at PMS and PES with the potential for expansion. This is a coordinated effort to emphasize healthy nutrition practices in a fun, educational way. The committee viewed the video available at the following link:

<https://youtu.be/jAQwuVRu0WQ>. Ms. Wolf discussed the taste testings that will be available for students to sample a new product. She will communicate with each principal as these opportunities become available at each school. Teachers will also have available to them, at cost, the option to purchase food trays that primarily consist of vegetables or fruit.

IV. Wellness Updates from schools –Barbara Riggins

Ms. Riggins reported the wellness report from the nurses at each school. Notes are attached. PES shared highlights that included the PEF Walk/Run in October, a new PES fall fundraiser- Color-a-thon Run/Walk, February Jump Rope for Heart, and a jump rope contest between grade levels planned for March 5, 2018. Dr. Wood also provided information about PES's participation in the Garden Tower Project.

V. Nurses' Report – Barbara Riggins

Ms. Riggins reviewed the report from School Health Services. Notes are attached.

Next Meeting: April 23, 2018, 8:30 a.m., PES C200