

Wellness Committee Minutes
February 3, 2016
2:30 PM - Room 108

Present: Matt Lindley, Director of Secondary Education
Lyna McKinley, Health Science Instructor
Warren Porter, Parent of GCCC Student Representative
Becky Genetin, The Nutrition Group Representative
Michelle Martin, Public Representative
Michael Stemberski, Student Representative

Wellness Committee Purpose:

Our wellness committee is in place to monitor the nutrition, physical activities and healthy atmosphere guidelines that we have implemented in order to assure our students' health. We know that there is a direct positive correlation with students' health and the ability to learn. It is in our best interest to provide a productive environment in which our students can grow to be the best they can be. This group has been brought together to go over what is already in place, and areas which could be improved.

Parents and Public Involvement:

Parents are encouraged to visit the school during parent-teacher conferences, open houses, National Honor Society Induction, and many other events that help show the public are standards at Greene County Career Center (GCCC). We have a link on the GCCC website for any student, parent or person from the public to contact us with any wellness questions, recommendations, or concerns.

Nutrition Education:

We have a Health Science program that incorporates nutrition into their curriculum and a Criminal Justice program that has physical fitness training imbedded within their curriculum, as well as some satellite nutrition courses.

The Nutrition Group has implemented Healthy Hunger-Free Kids Act, where they provide a nutritional breakfast for our students, as well as lunch. The Nutrition Group also has a monthly Take Nutrition Global which allows students to sample foods from different parts of the world. Last month Croatia was to be represented, offering shredded pork and sliced beets. Unfortunately school was cancelled that day, but they will be having another global day soon. They also have Wellness Wednesdays where they promote student wellness by using wellness tips displayed in the cafeteria areas.

Physical Activities:

GCCC is not like the normal high school as our students are in a vocational lab setting for half of their school day. This alone provides much more activity than a regular high school student would experience. The Health Science students were performing CPR today, which can be quite exhausting. The Criminal Justice students are doing some type of physical fitness twice a week and in many other labs students are on their feet welding, cutting hair, building wood projects, wiring walls and working on cars. We also have special activities that the students are involved in a group setting during their Club Chapter meetings, or the occasional student celebration where we have softball, fishing, and other activities outside.

Student Nutrition Program:

The Nutrition Group is mandated by the USDA to provide healthy food options. They use whole grain pasta, with vegetables within the pasta sauce. The cookies are even 51% whole wheat as well as the pizza dough is made with whole grain. French fries and onion rings are baked and not fried, and meals are served with fresh fruits and vegetables.

The student representative stated that the cafeteria was plenty big enough for lunches and had a good atmosphere. His only suggestion was to possibly have a wider variety in meals served.

Wellness Policy:

The school as a whole strives to maintain a healthy balance in physical fitness and The Nutrition Group does a good job providing healthy meals. The Nutrition Group has been meeting with students to get their opinions to balance student choice with USDA guidelines. The Nutrition Group also provides nutritional information monthly to our Board of Education as to keep them informed as well.

Minutes respectively submitted by Sherry Bryan