

THE SCHOOL BOARD OF ALACHUA COUNTY, FLORIDA  
UNAPPROVED MINUTES OF THE SUPERINTENDENT'S WELLNESS ADVISORY  
COMMITTEE MEETING  
OCTOBER 15, 2008

The Superintendent's Wellness Advisory Committee met in regular session duly called at 4 p.m. in Conference Room E, 620 East University Avenue, Gainesville, Florida. Present were: Diana Lagotic, chairman; committee members Wesley Eubank, Diane Hill, Donna Jones, Sandi Medeiros, Janine Plavac, Eileen Roy, Lillian Swanger; staff members Maria Eunice, Pat Hughes, Sandy Hollinger; and visitors Helene Rhine and Pam McMahon.

The meeting was called to order by Chairman Lagotic.

MEETING

Diana Lagotic welcomed the committee, staff members, and visitors. Maria Eunice introduced Pennie Rodriguez from Food Service. Slushies, which are equal to one fruit and available in many of the school cafeterias, were distributed to the attendees. Maria advised that the Food and Nutrition Services has a new website and demonstrated all aspects including snack lists, meal applications, menus, etc. plus links to The Tool Kit. This site can be viewed in either English or Spanish and is very comprehensive.

Maria Eunice discussed monthly theme promotions, new menus, 1% or lower milk, cost and nutritional comparisons of packed versus cafeteria lunches.

Janine Plavac introduced Pam McMahon and Helene Rhine who presented the Wellness Pilot Program. Dr. McMahon discussed the school certification program which uses Alliance for Health and that the district frameworks will be piloted at GHS. Graduate students will assess and then undergraduate students will assist. Janine indicated that national recognition certification will be adopted by other schools in the future. The Wellness Pilot Program and Food Service partner with the graduate students.

The stigma of being on free or reduced lunch status for students was discussed and how lines will be changed in the cafeterias so a student's lunch status will not be evident.

Diana Lagotic believes that all schools now have exercise programs and that some have diet programs, self-defense classes, etc. Healthy snacks are being encouraged and some schools have "away parking" so that parents can walk their child to class and benefit from the distance. Some schools have health fairs and very positive food choices in their cafeterias. Eileen Roy asked if all schools had replied to the questionnaire and all except three had done so. Dr. Lagotic read

programs from various schools and will compile and share at a future date.

Handouts and discussion of the new physical education legislation followed. This does not apply to K-5 currently.

Pat Hughes addressed CREATE points.

Eileen Roy stated that STUFFEE can be picked up at The Health Department in two weeks. Eileen will send Diana Lagotic transportation information.

Janine Plavac readdressed available services from Kimberly Owens at the Suwannee River Area Health Education Center. Kimberly presented at the February 20, 2008 meeting and will be happy to provide services with just a phone call. Donna Jones invites her to Finley on a regular basis with great success and will advise principals of the different programs available to them.

#### ADJOURNMENT

Dr. Lagotic thanked everyone for attending and the meeting was adjourned at 4:45 p.m.