

Maritime Academy of Toledo
Wellness Committee Meeting
March 8, 2017
3pm

Committee Members

- Superintendent – Tom Shafer
- Chef Mike Smith
- Parent Liaison – Sarah Fleishman
- FLP Coordinator – Stephanie Dixon
- Physical Education – Dan Johnston

Agenda

1. Review Current National School Lunch Program
 - a. New leadership has been established with the Galley. With the addition of Chef Mike and Ms. Dominique the cleanliness of the Galley has improved greatly.
 - b. Current breakfast procedures have increased the accuracy of total breakfasts being distributed in a more structured manner.
 - c. As a result of the shift in leadership the students seem to be taking more pride in the up of the Galley space. Students are now cleaning up behind themselves and using proper serve and sanitation rules (Washing hands and space regularly, gloves, hairnets, etc.).
 - d. Offer vs. Serve has being implemented. Students are quickly adapting to the shift, and are completely aware that they are only required to take 3 out of the 5 components for lunch.
 - i. Students are aware of proper serving sizes and are able to communicate what they want.
 - ii. Offer vs. Serve has been great with allowing the students choice and decreasing the amount of waste.
2. Discuss current needs for lunch program
 - a. There have been some changes to the school lunch menu to meet the National School Lunch Program guidelines.
 - i. These changes have not been met without opposition however, meeting NSLP guidelines ensures payment for the program. Chef Mike is willing to take suggestions for additions to the menu and will work to incorporate new NSLP items into our menu as we move forward.
 - b. We need to educate our parents' on the NSLP guidelines so they understand the changes that have been made. Their website releases weekly spotlight information <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>
 - c. As Chef Mike moves into his second year here at Maritime he hopes to spend the summer improving the program.
3. Review current Physical Education classes
 - a. Regular exercise is important. We are working on improving the quality of our current P.E programs despite limited space.

- b. Currently looking to lifeguard certify at least two additional staff members and one senior to utilize the pool during the day.
 - i. Our plans are to contact Christina Carter, Aquatics director for Southern Michigan and Northern Ohio YMCA's, to see if she could conduct a lifeguard certification class on campus.
 - c. P.E fitness test
 - i. Student will be participating in a fitness test. Guidelines will be discussed further.
 - 1. If additional support is needed during this time, assistance will be granted.
 - 4. Discuss current needs for P.E
 - a. Mr. Shafer is working on a contract with Dick's Sporting Goods to allow us to purchase some additional supplies.
 - i. Suggested supplies – Bowling materials, corn hole, permanent basketball post and rim.
 - 1. Getting a permanent basketball rim and post would elevate some of the current issues we were having with the portable unit.
5. Next Meeting
 - a. We plan to meet again at the close of the year.
 - i. This will allow us to address any changes that need to be made by the beginning of the 17/18 school year.