



**North Jersey Health Collaborative
Health Matters
It's Elementary... Health Matters
Obesity Workgroup Meeting Minutes
Sept. 25, 2018
4:30-5:30 pm**



In Attendance: Deb Fisher, Lauren Sprich, Mary Brady, Maureen Cianci, Tracy Storms-Mazzucco, Alma Dhuyvetter and Kayla Scovell

Survey to Principals

- Survey was completed and sent out a second time on September 25, 2018 to principals and superintendents! Maureen reported that she to date received 8 responses.
- With this survey we are looking to get more information on which schools have what in place in regards to health and wellness teams and policies.
- The schools that have responded: Sandyston Walpack, Sussex Tech, Valley Road, Lafayette, Hamburg, Wantage Elementary, Cedar Mt. and an unknown Sparta School.

2. Rutgers University

- On October 22nd at 11:30 am, Alma, Tracy and Deb will give a brief presentation to the School of Nursing Dept. and then meet afterwards to plan strategies with other disciplines at the university. Rutgers is planning to tap into various departments to bring spot/sustainability initiatives to Sussex County Schools. Also, to develop programs to educate the educators and parents.

3. NJ Health Collaborative's Plan:

Step 1: Form Committee (invite key members/stakeholders)

- a. Recommend schools to invite students to join their wellness committee or create a student team with an adult liaison so their ideas are shared.

Step 2: Review school's current wellness policy

Step 3: Assess which policies are being enforced, which are not, and where there is room for growth/improvement.

4. Data Collection

- 21 schools have submitted data – Tracy will be sending the list of schools that have not submitted data to the workgroup via email.
- Discussion regarding collecting data every three years instead of yearly. Census was we are not going to see much change within a year

5. Superintendent's Round Table

- Alma and Tracy to present the P.P. at 9:30 am at Farmstead on Friday, Sept. 28th.

6. Open Discussion

- New member Lauren Sprich from SNAP joined us. She will be a great asset to our committee. She will be addressing nutrition education with parents! Welcome Lauren!!!
- Mary Brady, school nurse from Hamburg School District is also joining the committee and we welcome her as well!!!
- ShopRite in Franklin has hired a new nutritionist Morgan S. and she will be joining us hopefully next meeting.
- Alma shared that the YMCA will be rolling out a new program for overweight/obese children (ages 7-13) in our county sometime in January called "Healthy Weight and Your Child". It is a 25 week program that includes activity/nutrition). There are 15 different components. The Y is hoping to implement in school settings.
- Maureen Cianci will update county school nurses of our plan, at the October 8th in-service at Newton Memorial Hospital.
- Regretfully, Dave Tantillo has resigned. He will be starting a new job and will not be able to continue his membership with the committee. He wishes us well and we sure will miss him and are very grateful for his time and dedication to our cause!!! Best wishes Dave!!!

Respectfully submitted Mary Brady

Next meeting date: Thursday, October 25th, 4:00-5:00 pm at PH, 2nd Floor Conference Room

Thank you for your dedication and commitment

