

Washington School PTO Minutes

January 10, 2011

Call to Order: Patty Kelly at 6:35 at Washington School

Board Members in attendance: Patty Kelly, Amie Keeton, Courtney Turnbull, Danny & Diane Uhls, Angie Baker

Attendees: Dave & Cheryl Garrett, Josh Houtzel, Mark Hively, Angie Moore, Deborah Halperin, Kristen Ayers, Terri Bahan, Darren Humphreys & Sarah Dutta, Julie Fehrenbacher, Jared Hocevar, Cole Bahan.

Principal: Jeff Lockenvitz

Presentation by Jared Hocevar and Cole Bahan:

Cole Hocevar, 5th grader in Mrs. Molnar's class, and Jared Bahan, 5th grader in Mrs. Tomera's class, provided information about the 5th grade Talent Show and a request to the PTO for a donation of \$100 for refreshments after the Show. The Talent Show, run by students for students, is on February 11th at 6:30 pm. Motion to approve the donation by Patty and second by Josh Houtzel.

Presentation: Nutrition for a Healthier Child by Julie Fehrenbacher MS, RD, LDN Director of School Nutrition

Julie, a dietitian, previously worked at Methodist Medical Center and began her work as Director of School Nutrition for District 87 in July 2010. She explained the District's elementary menu planning approach for breakfast and lunch. This approach offers four food choices at breakfast and five for lunch. Students must be offered all choices but may choose three of the four breakfast options and three of the five lunch options.

Julie emphasized the importance of family meals and parent modeling of good nutrition because it fosters togetherness, helps prevent behavior problems, helps children do better in school, improves children's nutrition and will help prevent weight problems. She gave several tips for getting kids involved and interested in healthy eating. Also, advised parents to keep consistent meal patterns and avoid pressuring/forcing your child to eat certain foods.

In conclusion, model what you would like your children to eat. Have family meals as often as you can. Encourage your children to choose fruits and vegetables at school. Promote healthy snacks, fundraisers, and non-food rewards.

The floor was then opened for questions. Several parents had questions about menu options (i.e. more chicken noodle soup, healthier toppings for nachos). Julie is currently working on a few menu changes/improvements but explains the process takes time and there are budget constraints. In addition, it is important to consider what the children will choose (i.e. breaded chicken vs. grilled chicken). She encourages parents to submit suggestions or comments on the school website.

Mark Hively asked if locally grown food could be accessed. Mr. Lockenvitz shared that he and Kelly Mathy have discussed the idea of a school garden but are only at beginning stages of consideration.

The idea of using non-food items as rewards for children at home, school and events was discussed as well as offering plenty of healthy snacks for parties and events.

Motion to adjourn at 7:35 by Mr. Lockenvitz