

Floral Park-Bellerose School District  
District Wellness Annual Report  
2017-2018

Date: August 29, 2018  
To: Floral Park-Bellerose Board of Education  
From: Michael Fabiano, District Wellness Coordinator  
Cc: Dr. Michael Dantona, Superintendent  
Susan Fazio, Principal  
Jamie Adams, Principal  
Re: 2017-18 District Wellness Report

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Pursuant to the District Wellness Policy, the Floral Park-Bellerose School District is required to meet at least two times per year. This requirement was satisfied by meeting on the following dates: October 4, 2017 and November 30, 2017.

The 2017-18 District Wellness Committee was comprised of the following members:

**District Administrators:**

Dr. Michael Dantona, Superintendent  
Michael Fabiano, Asst. Supt. of Business  
Jamie Adams, Principal FPBS  
Susan Fazio, Principal JLCS

**School Board:**

Laura Trentacoste

**School Nurse:**

Nora Epstein

**Food Service Program:**

Marie Salata

**Parents:**

Maryellen Conboy  
Kate Marsanico  
Shannon Moran  
Sheila Moriarty  
Elizabeth Rudzewick

**Teacher:**

Andrea White, Physical Education

Michael Fabiano, District Wellness Coordinator, has compiled the following reports from the key members of the District Wellness Committee. This report along with the District Wellness Policy can also be located on the School District website, [www. fpbsd.org](http://www.fpbsd.org)

**Jamie Adams**  
Principal FPBS

**Susan Fazio**  
Principal JLCS

The Floral Park-Bellerose School District meets the District Wellness Policy goals through an on-going review of the goals with the staff and faculty. The physical education department's lessons include physical fitness, healthy eating and all around good health habits - living a healthy lifestyle. The staff and faculty received training during the 2017-2018 school year from Safe4You which included allergy awareness and resources to promote a healthy lifestyle for students. On-line training using *Safe Schools* is provided to all administrators, teachers and teacher assistants/aides which include many on-line courses related to wellness.

A summary of the local school events include:

- Assembly programs including Kyle Dine's, *Allergy Awareness and Cultivating Kindness*, *Boosterthon*, *Go Noodle*, Mindful Minutes, Brain Breaks, ongoing lessons provided by the classroom teachers about living a healthy lifestyle, *Be Kind People Project* "Move of the Month" (our character education program which incorporates movement in the classroom), *Project Wisdom* character and social emotion lessons, skits and daily messages, Growth mindset lessons and monthly themes.
- Field Day, Olympic Day (Junior, Indoor and Grade 4-6 Outdoor Olympics) *Foot and Fiddle* Dance Company (Arts in Education program), Early Morning Sports (grades 3-6), Recess period every day during lunch as well as an additional recess period each week.
- *Books of the Month* are provided to all kindergarten through sixth grade class (topics include books on character education, perseverance, healthy eating, anti-bullying, STREAM/Challenge Friday STREAM Activities and a having a growth mindset).
- Outdoor education trips where they learn about the environment, nature and how to care for it, Trips to Greenkill, Clark Gardens and the DNA lab support the students and their understanding of the environment, and the role they play in it, EAK "Grow With Me" day at Centennial Gardens and Allergy Awareness Month in May.

As a district, we have been phasing out class parties revolving around food. We have replaced these parties with a craft. Parents are able to celebrate their child's birthday by bringing in a craft for students to enjoy for a birthday celebration. Some of our classes have dance parties instead of a craft.

Student counsel representatives met twice during the school year with the food service manager to learn about the lunch program, items on the lunch menu and a "healthy plate."

They in turn discussed it with the classes that they represent. The cafeteria is adorned with “healthy plate” visuals for students to see on a regular basis.

As a school district there is a monthly Social Emotional Committee/Mental Health Committee meeting where administrators and the mental health team across the district work together to discuss the new mental health regulations and programs the district is presently using for identification of students in need of mental health support and interventions available within the school district.

The Shared Decision-Making Committee focuses on Mindfulness and developing a growth mindset, school-wide and in the community. The committee has researched materials, and created lessons and role-playing skits that the Operation Respect students present to their fellow classmates in grades K through 6. A quarterly mindfulness newsletter was distributed to families in the community. Some of our teachers have taken part in implementing lessons on developing a “growth mindset” by using a book called, “Growth Mindset Coach”. Students were taught how to exercise the brain, keep their brain function healthy, and practice positive self-talk. These teachers presented at our Faculty and Grade Meetings and PTA meetings.

**Maria Salata**  
Food Service Director

New York State Child Nutrition Program conducted an Administrative Review for our Floral Park-Bellerose Food Service Program. The review started in November and was successfully concluded in May.

The review process included documentation for our Lunch Menus, Production Records, Standardized Recipes, Nutrition Facts and Labels, Formulation Statements & Child Nutrition Labels.

In addition, we were required to send copies of our Health Inspections, Food Safety Plans, Wellness Policy, and training schedule for Food Service Employees.

We are presently adopting a new Meal Charge Policy, which will have an anti-shaming plan to be adopted by our BOE. It is anticipated that these policies will be updated early in the 2018-19 school year.

These new policies will appear on our Website upon adoption by the Board of Education.