



Munsey Park SCA Meeting Minutes

Date: June 15, 2011, 9:30 am

Subject of Meeting: Nutrition

Location: Auditorium, Munsey Park School

Presenters: Tricia Cash, Dr. Kendall, Dr. Shannon Leon, MaryAnn Jones

Tricia Cash, SCA President

Ms. Cash opened the meeting with welcome statements, provided a brief update on school and community events that have been completed, and provided thanks to all volunteers for the efforts of the year.

Dr. Kendall, Principal

- Dr. Kendall thanked those in attendance for the efforts of the SCA over the past school year.
- Updates on class sizes and staffing considerations for the 2011-2012 school year were briefly discussed. Very importantly, all class sizes will be within guidelines.
- Anticipated numbers of sections for each grade were presented, with open issues around first grade in particular highlighted. Final decisions for teacher movements between grades and hiring decisions were not yet available.

Dr. Shannon Leon, The Leon Clinic

- Dr. Leon provided a presentation that highlighted how children's potential can be increased through nutrition and the elimination of environmental contaminants.
- Awareness of chemical additives, and possible toxicity, to foods and packaging was stressed.
- The importance of nutritious choices, especially organics and "superfoods" was also presented.
- More information can be found at <http://www.seedthefuture.net/>

MaryAnn Jones, Thrive Naturally

- Ms. Jones provided practical ideas for how to help children make better choices by allowing them some control in the decision making process for food selection.
- The importance of awareness of the ingredients in the foods purchased and brought into the home was highlighted.
- Parents were advised to make changes slowly, one at a time, to help children accept new options.
- More information is available at <http://maryann-jones.healthcoach.integrativenutrition.com/>