

Wellness Committee Meeting

November 12, 2019

Minutes

Attendance:

All committee members present for today's meeting with the exception of Becky Baird, Food Service Director, and Stacey Whitney, Lead Nurse. Betsy Phillips, High School Head Cook, was present in Becky's absence.

Additional attendees:

Members of the public - Tera Miller and Carrie Strait

Freeman Health Systems - Shelby Allen

Dr. Pyle opened the meeting by briefly reviewing the minutes from the previous meeting on 10/8/19 and asking if there were any issues or changes that needed to be made. No issues or changes were reported.

We discussed goals and action steps for the program's three areas - Nutrition, Physical Activity and Other School-Based Activities. Dr. Pyle will present the information discussed today to the School Board at their monthly meeting in December.

NUTRITION

- Starting in January, we will try to increase meal participation for breakfast and lunch by the end of the school year. Our goal is to increase breakfast participation by 10% and 5% for lunch district wide. Currently we average 330 meals for breakfast and 1325 meals for lunch per day.
- Advertise breakfast times for elementary students so parents are aware of cutoff time. Morning drop off times can exceed the cutoff time for breakfast so making parents aware of the times may encourage them to get to the drop off line a little earlier.
- High School and Junior High may try having a reimbursable meal or sandwich in a disposable bag/packaging for Grab N Go style breakfast. It was mentioned some students don't want to take their meal tray back to the kitchen window when they are done. Another option would be to place a cart on the other side of the commons to place meal trays after they eat.
- Some are still concerned about the amount of time allowed to eat lunch after the last meal tray is served. For example, at the Primary 2-3 cafeteria, there were only 7 minutes left for lunch after the last meal tray was served a few days prior.
- Another suggestion was to implement taste testing to students for new entrees. This would need to be something the kitchen staff can prepare ahead of time and reheat because there just isn't enough time to cook lunch and samples for taste testing.

- Educate staff on smart snack guidelines to make sure everyone is aware of acceptable food options to use as rewards or treats. Poll students on food options that meet the smart snack guidelines and see what they would prefer to see as a reward.
- Make sure water bottle filling stations are accessible in all buildings and possible add more than one per building if budget allows. It was noted that the Primary K-1 does not have one at all.

PHYSICAL EDUCATION / ACTIVITY

- Our goal is to have student physical fitness increase to 75% overall healthy fitness zone by the end of each year as measured by Fitnessgram or something equivalent for the age/grade level.
- Use Fitnessgram or something equivalent for each age/grade level to evaluate and track fitness assessments. This is hard to evaluate at the lower levels since they only have PE once or twice a week and evaluation can be time consuming. We start to see fitness levels drop in 6th grade when they only have PE once a week. Students who don't do well in evaluations have a higher correlation with students who are considered obese on the BMI scale.
- Each building will set individual goals that work well with their building to do age appropriate assessments.
- High School may start a google document to keep track of progress for students per grade. Some students take PE each year, but they only need 1 credit (one year) to satisfy their graduation requirements.
- Zoned playground - specific activities in specific areas of the playground. Lindsey Stevenson is going to observe playground activity on 11/20/19 (weather permitting) to give suggestions of how to implement this on our playgrounds and get students involved in activities. Zoned playground activities are typically less competitive and more social options.
- Consider giving students in lower grades activity challenges to encourage activity. One example was walking laps at recess to achieve goals for distance walked or steps walked. Give ribbons or some type of reward for each milestone achieved. Another suggestion was to give students pedometers to wear at school to encourage movement and track steps.
- Encourage elementary teachers to use GoNoodle activities in the classroom to get kids moving and teach them the importance of movement and being active.
- It was also suggested to consider extending fitness challenges to students and not just staff members.

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OTHER SCHOOL BASED ACTIVITIES

- Our goal is to decrease the number of vaping incidents by 10% by the end of school in May.
- Promote a school-wide educational campaign with students to understand the negative consequences and impact vaping has on their body.
- One option is to reduce punishment of 1st offense from suspension to an educational class with student and parent permission. The class could be taken during Thursday night school.
- Designate student ambassadors to promote vaping education and positive activities and behaviors for all age groups.
- Offer the same tobacco/vaping education to staff to model better behavior and lifestyle to students.
- Provide tools and resources for students that are actually addicted to nicotine and need a cessation plan.

There was no meeting date set for the next Wellness Committee meeting.