

Wellness Committee Meeting

October 8, 2019

Minutes

Attendance:

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

Additional attendees:

High School Assistant Principal - Kyle Williams

Members of the public - Tera Miller, Sarah Haynes and Kristin Teeter

Jasper County Juvenile Officer - April Folks

University of Missouri Extension Intern - Hosanna Fortmeyer

Dr. Pyle reviewed the areas of compliance within the Wellness Program. He also discussed the Comprehensive School Improvement Plan Goal 3 (CSIP Goal 3) which says the Carl Junction R-1 Schools, along with the community, will improve the emotional and physical health of our Carl Junction family.

We discussed in detail three aspects of the wellness plan; Nutrition, Physical Education / Activity and Other School Based Activities.

NUTRITION

- Parents As Teachers program conducts a focus group with parents that focuses on nutrition to help educate parents on the importance of nutrition from an early age.
- HS PE teachers go over nutrition in health classes and BMI health facts. Also uses altered version of MyPlate. Some teachers have Lindsey Stevenson come in to discuss food groups and nutrition.
- BMI is very universal, based on weight and height, not age or gender. The best indicator of health is body fat percent. BMI should be between 19-25
- USDA has programs that offer after school meals as well as free breakfasts for ALL students. These programs are based on the percentage of free/reduced students per school district.
- Expand time for breakfast served to try to increase student participation.
- Possible Grab N Go breakfast, but students typically not able to eat in class, but can take coffee from JavaJunction, these drinks meet Smart Snack compliance.
- Maximize participation in school meal program - online free/reduced lunch application and submission.
- Some expressed a perception students need more time to actually eat, time from the last tray served to when lunch is over. K-1 staggers start time for each class to try to keep

lines down. Lunch time is getting shorter, kids eat less. Some participants think lower participation is because of the time it takes to get a tray, they have less time to eat/socialize.

- Add signage in schools to encourage smart food choices. For example, sugar and pop poster next to drink machine to let students to see exactly how much sugar is in a pop.

PHYSICAL EDUCATION / ACTIVITY

- Try to avoid withholding recess away as a punishment. Encourage brain breaks inside classroom and outside.
- Liink Project -TCU program that impliments four 15-minute recesses per day - <https://liinkproject.tcu.edu/>
- High School uses FitnessGram, program to track activity - mile run, sit up, push ups, etc. - Usually used with freshmen, but this year for all grade levels. Enter results so students can track their progress over multiple years. Kids get excited to see improvement and are motivated to do more. Students like when staff participate with them in PE/weights classes. Modeling to the students encourages them.
- High School has a variety of physical activity classes for students to choose from to fulfill their PE credit requirements. Do we want to require more than 1 credit hour of PE for entire HS career? How to encourage students who aren't really motivated to participate in PE or other activity classes? Maybe add Marching Band as a PE credit.
- Maybe Junior High consider requiring PE both years, not just one.
- Junior High is starting to incorporate weights in PE classes.
- Suggestion to add Power Walking class in Junior High level.

OTHER SCHOOL BASED ACTIVITIES

- Add vaping education for students. The current consequence for being caught with vaping products is 3 days OSS and 2 weeks ineligible to play games in sports, but we don't do a lot in the way of educating students as to why vaping is bad. Possible option is to give parents options for punishment less OSS in exchange for an educational class on the health risks of vaping.
- Kids feel like there are no negative side effects if they vape products that do not have THC or nicotine. Kids not aware of chemicals in vaping products.
- Make sure kids know the concern for their health is the most important part of the education, not just lecturing them on what they have done wrong. Maybe label classes as

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“discussions”, not “education” so kids feel like they are part of the program, not just something they are being lectured on.

- Also provide options of how they can quit vaping if they have already started.

Next meeting scheduled for November 12, 2019 at 9:00 am.