

Wellness Committee Meeting #1  
Meeting Minutes  
10/20/2021  
9:00 AM – 10:00 AM

- Meeting led by Amanda
- Wellness Policy available printed and online
- USDA requirement: meet 3 to 4 times per year
- Introductions made
- 2017, SNP – 13 -2017 required language required. Are our policies up to date?
  - Assess our strengths and weaknesses.
  - Natalie stated that the policies are online as are all District Policies.

The committee read through the sections of the wellness policy to ensure that all committee members were familiar with the language

- Denise led us in the School Wellness Committee section
- Natalie, Wellness Implementation monitor and accountability
- Amanda, Nutrition section
- Channon read the Food and Beverage Marketing section
- Robyn read physical activity.
- Amanda, Other activities that promote student wellness

Comment from Patty regarding staff exercising alongside students:

Example of an instance in which a staff member fell on top of a child, when the intention was for the teacher to model active lifestyle.

- Amanda explained that staff can model activity by doing something as simple as drinking water instead of soda
- Natalie stated that anytime we try to become productive, even with problems, we should still be productive. Balancing the model of healthy practicing.
- Robyn stated that staff does not interact with students physically on an everyday basis. We need more of the staff participation and be proactive. Interact instead of watch.

SNP-13-2017 bulletin our policy is lacking:

- We don't list a designated person as the lead. Amanda would be available to take on the lead.
- Smart snack requirements need to be listed in the Policy. Amanda will make the changes.

The Wellness Committee Team completed the WellSat 3.0 Wellness School Assessment Tool to assess the district's current policy. The committee completed sections 1-3.

### **Additional Comments/ Notes:**

- Natalie searched on her computer and found, a smart snack in school flyer created by the committee in 2018, which helped spread messaging discouraging parents to send their students to school with things like cupcakes, cakes, brownies, etc, and to send toys or pencils to the students to celebrate instead. We will revisit this flyer at next committee meeting and make changes/ adjustments as necessary
- Amanda stated that there is an exception to non-compliant celebrations in the current policy, however there is not specific language as to the number of exemptions each principal is given per SY
- Natalie stated that principals were told that they had 2 exemptions per SY in the past
- Patti discussed using Child Nutrition as a source for compliant snacks
- Amanda suggested that we can put out a flyer with a list of foods that are compliant and can be purchased through the kitchen.
- The committee also discussed foods used as a reward, and the need to incorporate stronger language in the policy to avoid this practice from occurring, with language that includes an exemption to this for students that have behavioral exceptions addressed with the principles.
- Committee Discussed best days/times to meet and came to the consensus that Thursday mornings are preferred.