

School Wellness Policy Committee Meeting
3-15-2018
Meeting Notes
5:30-7:05

Present: Doug Kucko, Jennifer Jensen, Olive Spagnolo, Steve Parkman, Luke Vayder, Paul Thurston, Trisha Neuser, Paula Kodesh, Dan Haughian, Karla Arrigoni

- I. Reviewed purpose of committee and tasks required by policy
- II. Reviewed concerns and ideas presented by parent meeting
- III. Discussion:
 - a. Health curriculum committee determining where nutrition is taught and by whom in elementary. Committee reps are presenting to grade levels at April in-service day
 - b. Better communicate policy contents:
 - i. Same message each month shared multiple ways in small chunks:
 1. High school Warrior Policy Reminder
 2. Daily announcements
 3. Principal weekly update
 4. Superintendent update
 5. Staff meeting
 - c. Focus on teaching students how to make choices based on variety, balance, and moderation. District must remove hurdles for students and parents to make healthy choices
 - d. Committee determined:
 - i. Educate parents/guardians/staff about food safety preparation; cross contamination, and proper hygiene
 - ii. Permit parents/guardians to bring in healthy foods prepared in the home that meet smart snacks requirements (fruit cups, cheese trays, etc.). This better promotes healthy food choices.
 - iii. Permit treats to celebrate birthdays
 - e. Positive communication ideas:
 - i. Use monthly themed calendar to post/send out health-related information based on the theme, e.g., "National Heart month":
 1. <https://www.iabhp.com/national-wellness-observance-calendar/>
 2. <https://www.healthline.com/health/directory-awareness-months>
 3. <https://healthfinder.gov/NHO/>
 4. [http://www.aetna.com/employer/commMaterials/documents/Roadmap to Wellness/wellness-calendar.pdf](http://www.aetna.com/employer/commMaterials/documents/Roadmap%20to%20Wellness/wellness-calendar.pdf)
 - ii. Student contest each week using Instagram (idea from student reps):
 1. Prize ideas: one week/month free membership to Olympic/Snap
 2. Gift cards: Swills, gas, Subway, Dunhams (something health-promoting)

3. Start school year with positive ideas for teachers (non-food options); provide incentive for staff to make healthy changes as role models for students
- f. District has made progress in some areas:
 - i. Treats coming into school have had nutrition labels; some creative, healthy treats have been brought in by parents
 - ii. Reduction in teachers having students coming tardy (or missing physical education) to complete work
 - iii. Reduction in students missing recess/physical activity as a consequence for behavior
 - g. Sue will send a reminder to building principals about **identifying their School Wellness Coordinator by May 1st**, assembling a team that must include at minimum: building administrator, school wellness coordinator, phy ed teacher, classroom teacher, and **complete the Wellness Policy Report Card by May 31st**.
- IV. Team will convene in August to prepare for school year