

# Northpoint Elementary PTO – April 9, 2018 Meeting Minutes

## Welcome

by Andy Kuempel and Kim Porter (PTO co-presidents) at 6:35 in Media Center.  
PTO Meeting Agenda Handout and February meeting minutes handout available.  
Check them out here - <https://www.springlakeparkschools.org/Page/198>

## Introductions

Principal Judi Kahoun, Teacher liaison Tammy Saladis, PTO board members, approximately 8 other parents, Jen Schulties (Nutrition Services Manager at SLPHS) and Amy Kimmel (Nutrition Services Coordinator)

## Presentations

**Amy Kimmel - Nutrition Services** (See Nutrition Standards handout included below)

- Check out Jen Schulties featured on Why I'm #SLPPantherProud!  
<https://www.springlakeparkschools.org/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=8&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=8031&PageID=1>
  - Also follow at [twitter.com/slphscafeteria](https://twitter.com/slphscafeteria)
- The program is totally different now than seven years ago. Much more discussion and interest in school lunch. And - more than just lunch! The federally funded National School Meals Program also can include breakfast and snacks.
- Food is needed for a successful education! A nutritionally balanced meal improves student success.
- History of the program since the 1930's and 40's through the 2000's, highlighting needs for low-income families (bringing more fortified foods), funding cuts (bringing more processed foods) and weakened standards (bringing more fast foods)
- Food guide pyramid / plate changes
- HHFKA – 2010 – national efforts to improve nutrition.
  - Eliminating pop, vending machines, etc.
  - Fruits and vegetables, less sodium, whole grains, smart snacks, wellness – including gym and health education, and professional standards (continuing education credits)
- Kids have to take 3 out of the 5 components (grains, protein, milk, fruits, vegetables) with at least 1 fruit or vegetable for it to be a reimbursable meal through State of MN
- Our commitment!
  - MARK - Memorable first impressions. Always make their day! Reach out and build relationships. Keep exceeding expectations!
  - Safe food.
  - Reducing or eliminating the seven harmful ingredients.

- Paypams switching to Campus next year (paying for lunches online)

### **Lily Sawyer (2<sup>nd</sup> grade teacher) – Northpoint Student Council**

- 7 students, one from each homeroom, read announcements and focus on becoming great leaders. Smaller group this year, after being offered to all 3<sup>rd</sup> grade students, and they could apply. Meetings held before school. Next year, probably open to just 4<sup>th</sup> grade – the oldest as leaders.

### **Principal Judi Kahoun**

- At the end of 2<sup>nd</sup> trimester, we went over leading indicators with each teacher for each child and looked for meeting goals, accelerated growth for struggling learners, and enriching learning for accelerated students. Teachers used info to plan and make changes for months ahead.
- Rangers of Respect! Includes CARES, and focuses on respect for ourselves, each other, our building, and visitors. Students get paws when caught showing respect. Morning announcements announce the week's official rangers and they get badges and pictures. Respect being taught with lessons in the classroom, songs with specialists, etc.

(As always, check out twitter and weekly Flipgrid post for updates and successes!)

- <https://flipgrid.com/5255e1>
- <https://twitter.com/judikahoun>
- [https://twitter.com/slp\\_schools/lists/northpoint-elementary](https://twitter.com/slp_schools/lists/northpoint-elementary)

### PTO Business

- No budget updates and no meeting in March due to snow day
- Changes to Board position descriptions (ByLaws) and vote at May 14 meeting
- Upcoming events :
  - Spring Carnival (April 20)
  - Mileage club
  - ~~May Scholastic BOGO~~ (CANCELLED)
  - MCA Testing days in April and May – need hall monitor volunteers
- PTO meeting tomorrow Tuesday April 10 at 6:30pm at Northpoint for Centerview PTO
- NEXT MEETING: MAY 14

Adjourn 8:00pm

**\*\*THANK YOU to Nutrition Services for delicious food and drink!\*\***

Minutes submitted by Allie Owen, co-secretary



## Nutrition Standards for School Meals

The Healthy, Hunger-Free Kids Act of 2010 required the US Department of Agriculture (USDA) to update federal nutrition standards for school meals. The [updated rules](#) went into effect on July 1, 2012. The changes require:

**More fruits and vegetables:** Schools must offer students fruits and vegetables with every lunch and increase the portion sizes. Vegetable choices at lunch must include weekly offerings of: legumes, dark green, and red or orange vegetables. Every school breakfast must offer students a full cup of fruits or vegetables. Students are required to take at least one half-cup serving of fruits or vegetables with every school breakfast and lunch.

**Whole grains:** All grains offered with school meals must be whole grain-rich (at least 51% whole grain). *In some schools where certain whole grain foods are not well accepted by students (eg whole grain tortillas or brown rice), temporary waivers permit the service of select foods that do not meet this standard.\**

**Calorie limits:** School meals must meet age-appropriate calorie minimums and maximums:

Grades	Breakfast	Lunch
K-5:	350-500 calories	550-650 calories
6-8:	400-550	600-700
9-12:	450-600	750-850

**Sodium limits:** Schools must gradually reduce sodium levels in school meals over a ten-year period to meet the following limits. *Due to challenges of meeting future sodium limits, USDA has retained Sodium Target 1 limits through the end of the 2018-19 school year.\**

Sodium Reduction Target Timeline for School Meals			
Grades	Target 1 (July 1, 2014)	Target 2 (July 1, 2017)	Final Target (July 1, 2022)
School Breakfast Program			
K-5:	≤540 mg	≤485 mg	≤430 mg
6-8:	≤600	≤535	≤470
9-12:	≤640	≤570	≤500
National School Lunch Program			
K-5:	≤1,230	≤935	≤640
6-8:	≤1,360	≤1,035	≤710
9-12:	≤1,420	≤1,080	≤740

**Limits on unhealthy fat:** Meals cannot contain added trans-fat and no more than 10 percent of calories can come from saturated fat.

**Low-fat and fat-free milk:** Every school meal offers one cup of fat-free or 1% milk. Flavored milk must be fat-free. To meet calorie limits, milk processors have developed flavored milk with less added sugar. *USDA recently provided schools the option to offer flavored, 1% milk.\**

**Free water:** Free drinking water must be available in the cafeteria during lunch and breakfast.

*\*USDA's 11/30/17 Interim Final Rule: Child Nutrition Program Flexibilities for Milk, Whole Grains, and Sodium Requirements*