

Eden Prairie Schools Wellness meeting notes:

Date of meeting 9-18-18 (3pm @ Admin Services Ctr Riley Creek Rm)

Attending: Kristin Treptow, Roxann Roushar, Herman Moncada, Chuck Knuth, Jane Lough, Mary Cryer, Jackie Getchius, Amanda Nagy & Amy Antilla

Agenda:

1. Introductions – new and returning members
2. Kristin went over the Protocols, Mission, Purpose and Agenda
3. Hernan spoke about the success of the elementary principles receiving the wellness information sheet we created last year. They will pass along the information to their teachers and parents through email or newsletter. We discussed more in the group as to the creation of the wellness information sheet and the longer 4 pager version that principles also have on file.
4. Roxann spoke about the student survey results. There were 3172 students who filled out and sent in their surveys. Roxann also goes into schools to do menu planning exercises with students which is well received and enlightening for the students.
5. Kristin discussed how last school year they partnered with Good Acre to have local farmers bring in vegetables and they used new recipes to highlight the vegetables and get kids to try them
6. Roxann discussed how Eden Prairie Schools has 26 serving lines each school day and how the menus are the same for the elementary schools, but CMS and the High School have added lines giving kids more food options as they get older.
7. Amanda discussed the Ship Grant and its purpose to mitigate chronic illness (like obesity & mental illness) in schools. She informed the group about the steps needed to get the funding that becomes available in November. The two main strategies are to improve healthy eating and physical activity. The ship grant is poised to give \$500 per school to enlist a “champion” (volunteer/teachers...) to be the expert on the Smart Snacks program and help spread the word to the administration, teachers and parents (the go-to person for questions and examples of Smart Snacks). The physical activity element is being focused on Movement and Mindfulness using trainers from One Thousand Pedals to teach Yoga Calm techniques to teachers that would then use calming & movement techniques in their classroom. This was used last year as a test and was well received by the staff.
8. Jackie began a conversation about lunch and recess times. It was discussed that our district has 20 minutes for lunch and 20 minutes for recess which is the same as our neighboring districts. There was good discussion relating to how younger kids may need more lunch time, but older kids do not. The idea was brought up for the younger grades to have 5 min talking followed by 5 minutes of no talking (just eat) then 5 minutes of talking again – this has helped other districts to get the younger kids to focus more on eating. This is still in the idea stage for our district.

Next meeting – November 13th (3pm @ Admin Services Ctr Riley Creek Rm)