

*Official Minutes of the November 13, 2018 Wellness Meeting*

INDEPENDENT SCHOOL DISTRICT 272 ~ EDEN PRAIRIE SCHOOLS  
OFFICAL MINUTES OF THE November 13, 2018  
WELLNESS MEETING

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***Our Purpose***

*The school wellness committee is an advisory group including school staff, parents, and community members concerned with the health and well-being of students and staff. We will monitor the implementation and effectiveness of the school district's Local Wellness Policy according the Healthy, Hunger-Free Kids act of 2010 and study and make recommendations regarding wellness related issues.*

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The regular meeting of the Independent School District 272 Wellness Committee was held on the 13<sup>th</sup> day of November 2018 in the Mill Creek room, located at 8100 School Road, Eden Prairie, Minnesota.

**1. CONVENE**

A. Committee members present: Jason Mutzenberger, Kristin Treptow, Herman Moncada, Chuck Knuth, Sujata Costello, Zella Sahar, Mary Cryer, Jackie Getchius, Amanda Nagy & Amy Antilla

**2. MEETING MINUTES:**

1. Introductions – new and returning members
2. Champions topic – Herman reported how well received the “Champion” idea was when presented to the Administration of the Elementary schools. He and several group members discussed the concept.
  - a. A Champion is a partially paid (\$500 one time to help launch the program – paid for by SHIP program) volunteer that “Champions” or becomes the expert of the Wellness and Healthy Eating (like Smart snacks & alternate rewards for classrooms to use). They will communicate with their fellow teaches and peers in their elementary school to educate all the staff on practical ways to implement the wellness policy relating to healthy eating and no-food based classroom rewards.
3. Wellness Mindfulness Summary – Mary discussed this at length and we had a power point to walk through. There are 3 phases where teachers/staff can be trained (through 1000 pedals) to implement in their classroom’s mindfulness wellness activities (like slow movements/stances and breathing). Once a staff member has completed all 3 levels of training, they can train other peers in their school.

4. Ship Grant Process – Amada walked us through this process and had a hand out for us to refer to. SHIP stands for: Statewide Health Improvement Partnership. Eden Prairie Schools (after filling out forms and an application) is approved to receive some state funds to help launch this SHIP program. The funds are only to launch the program and not ongoing each year. The approximately \$20,000 in funding will help our district over about 3 years get many of our staff trained to implement wellness initiatives. This includes hands-on all-day mind and movement training and actual material supplies for classrooms and the \$500 stipend for each Champion in each School.
5. Minnesota Survey – Amanda – walked through a Power Point review of how all students in our district were asked to fill out a survey about safety/eating/activity related questions. Ninety percent of the students returned the survey. The Survey is compared to the state and national averages. It looks at how do our students compare as they related to obesity, feeling safe at home on campus, BMI indexes, how often sick days were used, how many fruits/veggies a day did they eat, and how active they are in sports or at home. This survey gives our district direction on where to put our SHIP grant resources to help our kids be as well balanced and healthy as possible.

Next meeting – January 15<sup>th</sup>, 2019 (3pm @ Admin Services Ctr Riley Creek Rm)