

**Meeting of the Wellness Committee, Sun Prairie Area School District**  
**Thursday, Nov. 8**

Present:

- Kathy Walker (chair)
- Phil Frei
- Sarah Smith
- Heather DuBois Bourenane
- Deb Brown

Future meetings (2nd Thursday of every month): 3:30-5:00 pm

- Oct. 11 [rescheduled to Nov. 8]
- Jan. 10
- March 14
- May 9

Discussion of membership and vacancies

- Dr. Saron will appoint school level members
- School board has opted not to participate
- PLC will nominate two parents
- Two students grades 8-12 (nominated by principal)
- Community member [Heather]
- One member of the Business Education Partners [Sarah qualifies for this as member]
- One athletic and activities director
- Concern (Heather): hourly staff not compensated for time on committee? Do staff earn professional development? Kathy will follow up on this.
- Someone from YMCA or PAC?

Snacks in schools and at fundraisers

- Most school events and socials do not serve healthy foods
- Modeling healthy choices
- Create list with healthy suggestions for snacks and events and ideas for fundraisers that don't involve food
- Include wellness guidelines on back side of handouts, recommendations for celebration foods, minimizing food as reward
- Talk to parent groups at start of year?
- Food cart nights and food nights - good way to get families engaged but how to make affordable and more healthy?
- What about serving shared healthy meals?
- Westside has classes with UW Extension (only about 16 people per class)

## Goals for Committee and Vision for Future

- Annual project?
- Every three years committees must complete an audit; ours will be due next year
- Short term: increase awareness of Wellness Policy and discuss enforcement with administrators
- Constant, visible reminders
- HealthTide (statewide health initiative with schools team). State School Health Awards getting revamped this year - could we incentivize winning and encourage schools to participate? New guidelines will be out in the next month or so.
- Can we create internal incentives? A travelling apple award? Something visible to reward cool programs, adults modeling guidelines, kids making healthy choices
- Apple Crunch Day (October) - everyone takes a big bit at once
- Apples available again for elementary schools but few schools have asked yet
- Kathy's bringing healthy snacks to first committee meeting of the month
- Sliced apples from Richland Hills Orchards will be available all year
- More fresh produce available from the state
- Staff has a Wellness Coordinator stipend and Staff Wellness Committee; interviews are this week for position
- Maybe one meeting a year could be a joint meeting? We should communicate our goals/ideas with that team and ask them to be ambassadors for these initiatives
- POLICY REVIEW. It's been about three years since Wellness Policy was updated. Time to review and submit to board
- What information that could go into staff newsletter (monthly) and parent newsletters/facebook
  - Focus on fundraisers, healthy treats, celebration foods etc
  - Synopsis of policy
  - Healthy local food choices
  - Fundraisers
  - Highlight healthy hot lunch options and new things
- Is it confusing to have two committees with almost the same name? Should we clarify this one? Student Wellness Committee?
- AWARD: Like the travelling Apple Award idea
- There is an existing award nomination in procedures for one nomination per school for staff that models healthy living
- Present at Leadership Collaborative
- Need to be consistent
- Emphasize moderation
- Focus on fitness not just eating
- Make the healthy choice the easy choice
- Find data on obesity - using electronic health records to see impacts. Can be a useful tool for educating families (Sarah is looking into this)

- Create lists and graphics for suggestions for healthy celebration foods and non-food class celebrations
  - Stickers
  - Pencils
  - Bookmarks
  - Buy a book for the library and come in and read it to the class on your child's special day
  - stretch/active breaks during the day
  - Dance party
  - Theme days
  - Certificates
  - Alliance for a Healthier Generation resource:  
<https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/non-food-rewards>
- Healthy schools, happy kids! Need a tagline for our work to promote it
- Need to be sensitive to fact that some staff have concerns about changes to health requirements; focus on student wellness may seem hypocritical? Stay positive

hdb