

Student Wellness Committee Meeting Agenda and Minutes - 5/9/19

- Take a Break Tuesdays on Facebook - -Brain Breaks - Posted on Facebook and picked up by local television station that featured Westside Elementary School and how they use Brain Breaks for students.
- Food Banks in Schools - met with Social Workers and Food Bank Staff to discuss the possibility to have food banks at schools. Social workers from all schools described what is being done now for snacks and that more is needed. Food Bank staff suggested having another meeting with a few Social Workers to continue to work on this.
- Classes selling food to students - against Board Policy - New teacher who wanted to start selling to students during lunch. Doubtful that any of her suggested items would have met Smart Snack compliance which is USDA regulated.
- Nutrition Website - adding minutes, Smart Snack calculator on what can be sold from Midnight through half hour after school - Fundraiser exemption is each group can fundraise for 2 week long fundraising sessions.
- Creekside Field Day - Nutrition Program will be donating fruit and vegetable trays for this day. This will also be a day when students will be able to have physical activity.
- Other
Focus for next year should be possibly review and possible updating the existing Wellness Policy and Implementation Board Documents.
Awards for building staff on modeling healthy habits to students and staff.
Continue to use social media, staff newsletter and school newsletters to send information regarding Wellness Policy and Implementation guidelines. Also suggestions for healthier food items.
Three year (triennial) report to cover 2017-18, 2018-19 and 2019-20 for Wellness Committee.