

## Student Wellness Committee Meeting 3/14/19

In attendance: Kristin Wilkinson, Phil Frei, Sharlot Bogart, Deb Brown, Sarah Smith, Kathy Walker, Cathy Berk

Bringing forward information from the last meeting, make certain we share Wellness Policy information with new hires. Kathy Walker handed around documents for review. Important to send out friendly reminders about this as people forget we have a Wellness Policy.

On 1/20 on Facebook, we put out the need to talk about wellness, with links, that are not just food, but physical education and making healthy choices.

There are two committees with the same name of Wellness Committee; We are now the Student Wellness Committee and the other committee based out of HR is the Staff Wellness Committee.

The links for Brain Breaks is out on Facebook, and there was an article in the newspaper detailing this.

On 3/4/19 Breakfast was featured on Facebook for National School Breakfast Week.

The "10 Healthy Snack Ideas" handout details ideas for parents and staff.

We are sending information to Principals and in the District Newsletter that *Principals and building staff are responsible to enforce the wellness policy*, as per the Policy.

We need to raise awareness of not rewarding with food, and alternate fundraisers that do not involve food.

It was recommended that we reach out to the Parent Leadership Committee as they would be very supportive of appropriate celebration snacks.

A brochure has been created for potlucks where families bring in food, with guidelines, ingredients lists, identifying that it is prepared in a family, not commercial kitchen. This will be sent out yearly.

We will continue to put out information regularly.

Teddy's has a list, which discussed Birthday celebrations being more personal, telling their personal story, developing a rapport by preparing a snack together, speaking about culture or a career day. Sharlot will share the list with us.

Parents want to engage, it gives them purpose and can be the foot in the door.

From a survey taken at parent/teacher conferences, Healthy Cooking and Eating was the #1 activity, and for Community Schools as well. Thoughts on sharing recipes to try as a family, on Peach Jar, and doing a taste testing with the recipes.

During a two-week class on "Stay Home Alone", working on turning off the water if the toilet is overflowing, safety concerning door/phone, cooking in the microwave and also gardening.

"Kids 4" possible filming cooking shows.

Discussion regarding Patrick Marsh diversity "Mingle at the Marsh".

Under the guidelines of clubs, what about Food Club for Kids?

How about Soup Night? Community meals, cooked, designed (menu and recipe) by one family, socialize, maybe bring in a dentist, do some exercise.

#3 on the survey agenda was an award certificate. What and How would this look? One award per school, Principal and Staff to nominate the candidate who exemplified Wellness.

Please send all of this information to Elizabeth Knutson for 4K to participate. Perhaps put this in the newsletter "John wins, how? Recognize how he got the award. Stir up ideas. What is the deadline? Present the award in May, go out to Principal due the Friday prior to Spring Break. Next year, we can acknowledge this during the year. Allison Anderson awarded the Husk Award - \$1,000; double check to see if this followed through.

Next year, how would this look? Start working on earlier. For example, Royal Oaks did a fun run.

We need to push school health awards, push out now for next year and have things in place. There was a cooking class, put on by the UW Extension for Westside with >50% participation, expand to C. H. Bird.

Healthy Rewards: Health Tide, Events Wave Maker on 5/7/29 Summit, School Teams 4/17 @ Goodman Center.

5/9/19 is our next meeting.

Look into joining the Dane County Healthy Kids Collaborative. "Healthy Kids Dane" - UW is a backer and fiscal agent. Early active and garden for little ones, very good grants to be had.

Gardening should be a class in summer school.

Sharlot is asking for more cooked vegetables for Teddy's as the kids are tiring of salad bar and fresh only; perhaps a variety?