

## **Wellness Committee Meeting**

**5.31.2018**

**SPASD District Office 106 PDC**

### **Future wellness initiatives and projects**

- Struggle: conveying focus to buildings
- SPASD has Staff Wellness Committee now
- Do teachers get Professional Advancement hours for committee work?
- Addressing violations of current policy and encouraging compliance
  - Vending
  - School stores
  - Staff modeling healthy practice
  - Celebration foods
  - Survey on current fundraisers - how many serve food or involve fast food or sales of food that don't meet guidelines? Check with Stephanie L-W to see if there is already an audit of SCO fundraising. Can we add this question?
  - Encourage fundraisers and family nights that are less food-focused and more athletic based - set a percentage goal
- Connect with new culinary arts teacher at high school to integrate student work to general student body, encourage new foods, etc. Kathy would like to collaborate with this teacher and incorporate more student input through culinary program
- How do we have healthy foods in our programs that meets the needs of what students want?
- Conduct student survey in 2018-2019
- Kathy's goal: healthy meals that kids want to eat, more house-made meals, more fresh made meals, more local produce
- Proposed changes for 2018-2019 (and 2018 summer school): bringing in Indian foods/side dishes next year monthly, African-American options, salad bar at elementary; cutting down cooked vegetables; added raw peas to salad bar; partnership with local certified farmer to bring fresh local produce to summer/fall menus. USDA has made it challenging to bring in local produce but a little easier in the past couple years.
- Working with GFS to see what local produce is available through them
- Fundraiser for negative balances - dinner. Work with culinary program? Auction student art?
- Could include basket at Keys to the Future Education Foundation event
- Donations to negative balance account (\$3500 recently from Hybrite in Cottage Grove, \$1200 from Royal Oaks SCO, \$3000 from Masons)

- Promoting applications for free/reduced lunch - looking at getting online registration
- Westside, Creekside, Prairie Phoenix, Bird will all be “severe need” breakfast next year

### **Triennial Assessment on School District Wellness**

Needs to be completed in two years

Start time for future meetings: 3:30-5:00 to accommodate student and teacher representatives

Need to update procedure and review/update Wellness Policy  
Priority for 2018-19

Wellness webpage - suggestions for updates

Wellness communications to district families and the community

Communications plan

Staff

Parents/families

Addressing violations of current policy and encouraging compliance

- Vending
- School stores
- Staff modeling healthy practice
- Celebration foods
- Survey on current fundraisers - how many serve food or involve fast food or sales of food that don't meet guidelines? Check with Stephanie L-W to see if there is already an audit of SCO fundraising. Can we add this question?
- Encourage fundraisers and family nights that are less food-focused and more athletic based - set a percentage goal
- Discourage serving foods in the evening/after school that we wouldn't serve during the school day

Connect with new culinary arts teacher at high school to integrate student work to general student body, encourage new foods, etc. Kathy would like to collaborate with this teacher and incorporate more student input through culinary program

### New member recruitment

Ask Patti Lux-Weber to include call for members with other district call for committee members

YMCA, PAC?

Community Members

Looking for 2 members from SCOs/PLC

Student representatives (2)

School board has decided there will not be a board liaison

### Schedule future meetings

2nd Thursdays from 3:30-5 pmof...

- Oct 11, 2018?
- Jan 10, 2019
- March 14, 2019
- May 9, 2019

Minutes recorded by hdb