

Student Wellness Committee Meeting 9/26/19 Minutes 2:15 PM

In attendance: Kathy Walker, Heather DuBois Bourenane, Sharlot Bogart, Alison Anderson, Bryn Horton and Cathy Berk

This is the first Student Wellness Committee meeting for the school year, and we will be going back to having meetings after school hours because we are seeking student participation on the committee as members attending meetings. Copies of the agenda and Board Policy JHK Wellness and JHK-R Wellness Policy Implementation were distributed.

Committee membership needs were discussed. To be in compliance we would need to seek members from every building which would be too large, making the committee ineffective. Discussion of why Administrators, building staff and teachers need wellness policy information, and the SCOs as well. The Parent Leadership Group nominated a representative last night. As members, we must get information back to the buildings. Kathy Walker reached out to Keith Nerby and Brian Incitti for student representative nominations.

Kathy Walker will speak with Brad Saron regarding changing the membership requirements in the policy so the group can be kept small.

Discussion of how information can be shared with families in handbooks and newsletters. One of our goals this year is to evaluate whether the Wellness Policy is meeting the needs of the District and the community. Wellness is about more than just food. With current membership, we represent NS, TS, CS, PMMS, Cardinal Heights, and the HS.

Discussion about birthday treats, celebrations and other treats being appropriate. We do not want to go back to cupcake wars. Would love to see healthier Fundraiser options. Fun runs are great.

Our District Website has the Wellness Policy, Implementation, Smart Snacks in schools USDA, the Smart Snack calculator. Schools can check Smart Snack compliance. The Website also has the meeting minutes - getting away from hard copies. We are working to expand the Website links to healthy living, including food, activities and Brain Breaks.

Because of turn over and new staff, reacquaint all with the policy, and put it on Facebook. Parents need to understand. Most events have something not appropriate. Fundraising companies cater to food. We need a champion to do this because it is the right thing to do. Creekside is doing a fun run, apparel sales and share nights at restaurants. We need strong influence for building buy in. We could give a list to parents of acceptable celebration ideas, and include monthly reminders in the newsletter. We could make a video using students mirroring healthy choices and why they are the right thing to do. Teachers need to communicate how celebrations are handled. We could do a challenge - get involved in healthy celebrations with activities and non-food related ideas. Bring parents or care-givers in, share

culture, and commit to sharing time. There will be great value in having students on the committee. We could do a one year challenge for healthy choices. Reach out to Jordon Leader at the HS and Kids 4 at the media center. It is better coming from kids - how do make that happen? We will brainstorm with Alesha Cody about this. We could get clips at a celebration and have teachers speak to food free celebrations. The kids would love it, it is easier for parents and takes the pressure off of the teachers.

A brochure has been created for potlucks and food sharing events.

Does this committee have a budget? No.

Discussion of a party-pack-kit that the SCOs might pay for. Who would manage this? Nutrition department could make up a list of things that we could provide at a cost.

We need to get Administrators to make this a priority, and put it in the handbook. What about a School Wellness Award? We need food free fun Would kids rather have fun, bring things in for donation, extra recess or 10 minute dance time? Do not reward with food.

Checking calendars, the following meetings dates were set up for a 3:40 - 5:10 PM time frame; 11/7/19, 1/9/20, 3/19/20 and 5/14/19.

Per USDA, the end of the school year is the deadline for the triennial report on what the Wellness Committee has done since the previous report. Kathy Walker will create a google doc, sharing meeting notes and ask for agenda items for future meetings.

Discussion recapping items discussed during this meeting included possible suggestions for changes in Board Wellness Policy and Implementation, making videos, reaching out to HS classes, clubs and service groups. We need to gather ideas from schools for fun positive things to acknowledge students. How do we encourage SCOs to help? SCOs should not be exempt from the rules.

Heather Dubois Bourenane shared a video from a Milwaukee school at thehuskyhowler.com. Start a competition between the schools on making these videos. Prairie View has done a number of videos.

We need to put out a reminder every year - this is policy - this is regulation - and do this in a positive way to get cooperation.

#foodfreefun

Meeting adjourned at 3:40

