

## Student Wellness Committee Meeting Minutes 11/7/19 3:40 PM Room 181

In attendance: Kathy Walker, Heather Dubois Bourenane, Brent Hyden, Grace Edwards, Debbie Brown, Sarah Smith, Chris Sadler, Bryn Horton, and Cathy Berk.

All attendees introduced themselves. Membership was discussed with the intent to amend Procedure JHK-R Wellness Policy Implementation. USDA regulations require that we have a Wellness Policy engaging staff, community and students. The consensus is that a smaller group is more effective and reasonable. Discussion of one representative for elementary and secondary administration, health representative, athletic staff, parent groups, PLC and School Board. Members of the committee can cover more than one role. The Benefits Specialist role is not needed as we have a Staff Wellness Committee, and we need to make certain that we do not overlap and become redundant. Discussion about term limits and a formal process for opting out, decided that there can be a minimum two year commitment with the right to renew. We should have a teacher rep from Elementary, Middle and High School. This is important for buy-in, giving and getting feedback. If there are more members on the Committee, it can be harder to accomplish goals. We could also have one parent nominated by PLC, establish a criteria and have an application to apply for membership. There is a Triennial Report due to report the activities of the Committee.

We are not a diverse group and need to get voices in the room. We can ask other parent groups like the Black Parent Network. Discussion about nomination forms on the Website. What is the purpose of this Committee - to take ownership for wellness in all areas, including food. How do we word this - the Committee will advise membership with an effort to reflect and match the diversity of the community and schools. The Business/Education partnership representation moves to Sarah Smith. Kathy Walker will put together the change to Implementation Policy. What is to be done if no one comes forward or volunteers? Does Brad appoint? Is this specified by USDA or by the District? This is not just about food and nutrition, but includes physical education. We need to create flexibility, nicely laid out, redefined as at least x number of members, have Directors designated, by need of issues at hand, allowing "or designee". We can trust chairs ability to recruit new people, new ideas, have the "have to have" and then flex. We can put this to PE Curriculum Steering Committee and TLEC meeting; ask for (10) minutes to recruit.

We can reword #8 - Wellness Committee Implementation. We need staff knowledge and cooperation to get the buy in. It would be an unfair burden on a parent rep, and could be very awkward. Adding a #9, communication structure to disseminate information. Put information out in newsletters? These rules are up to the Board, need to be written and relevant. We need communication and action, accountability and enforcement. Information could be sent out in the staff newsletter and building newsletters, especially about celebration foods. This information and compliance could fit into monitoring reports and building scorecards. These are District policies, not Board policies. What umbrella is it under? School Nutrition Department reports to

the Board regarding compliance with USDA, including policy compliance. The language change can be modified and presented to the Board.

Kathy Walker shared a Food Free Fun document and an agenda which can be edited to add items for the next meeting. Invitations will be sent.

Kathy Walker met with Alesha Cody and Patti Lux-Weber regarding ideas for the student video discussed at the last meeting. They recommended narrowing our idea for the scope of the content - student perception or parent and student perception? Who do we want to reach? Celebration foods happen too often. We want to highlight minimizing celebrations, especially involving food. Parents are the target and might welcome alternative ideas. Give them lists of healthy foods or Food Free Fun activities. Make them think about the whole plan, and inform them of the rules, and/or reacquaint them with the rules and restrictions. Start by getting information about celebrations out, get the buy in, posing in a way that happy, healthy celebrations is going forward, not back. Student representative Grace Edwards said that when she lived in Pennsylvania, she felt left out because of dietary restrictions. Even the practice of snacks is inequitable. Schools could do goody bags or jump ropes, bringing the physical activities into this as well, or a birthday basket or book vending machine like the one at C. H. Bird.

The video might showcase “what is the coolest thing you are doing in your school for wellness?” We need to know what, if any, are individual building rules? Committed to a Community School environment, use celebration moments to involve community members. These are good questions for Principals. We need to put the teacher information out, start with a survey for what good practices get good results, collecting best practices. Students are still getting lots of candy as treats from teachers. Students really liked the Great Lakes Great Apple Crunch. We must remind staff NOT to withhold recess as punishment, and NO lunch detention. We can start an annual Wellness Recognition for staff, one in each school, for mirroring the best wellness practices. Give them a certificate, nominated by the Principal and acknowledged at a staff meeting. Principal to nominate who is living wellness. What is the timeline for nomination? DPI “Healthy Kids, Healthy Minds” from WASBO can be put in looking forward/looking back. Schools can apply for money and get State recognition. We could announce and present award during Action for Healthy Kids week, 4/20 - 4/24/20, and acknowledge at Board Meeting on 4/27/20.

Open discussion about engaging kindergarten parents to set the pace, Committee members to attend events like Ready, Set, Go! and SCO meetings to recruit ambassadors, voting on committee standards, Principals to the classroom for celebration event. Celebrations are also an equity problem. Have a “themed” day, maybe famous people who share your birthday.

Meeting adjourned at 5:10 pm.