

## WELLNESS COMMITTEE

|            |                       |   |
|------------|-----------------------|---|
| Attending: | Kelly Orton           | Child Nutrition Department Director, Facilitator      |
|            | Missy Mackay-Whiteurs | Director of District-Wide Athletics, Facilitator      |
|            | Judy Yaworsky         | School Nurse  |
|            | Brianna Hardisty      | SLCSD Registered Dietician                            |
|            | Annette Knight        | Parent - students at Highland High and Beacon Heights |
|            | Sarah Kelly           | Parent – students at West and Washington              |
|            | Jared Wright          | Parent – 5 children attending 4 schools               |
|            | Josh Bell             | Principal at Horizonte                                |
|            | Adrienne Lobato       | Assistant Principal at North Star Elementary          |
|            | Mary Lane Grisley     | Assistant Principal at Highland High                  |
|            | Jacob Taber           | SLTA Rep / Teacher at West High                       |
|            | John Arthur           | 6th grade teacher at Meadowlark                       |
|            | Robin Anderson        | SLCSD Classified Employees Representative             |

### AGENDA:

- 1) Evaluate data compiled in the School Wellness Compliance Summary 2018
- 2) Discuss the proposed modifications to the G-3 administrative procedures that are required to comply with new federal rules
- 3) Move forward to find common agreement on proposed changes to the G-3 administrative procedures
- 4) Submit proposed changes to the entire wellness committee (by email) for a final vote of approval
- 5) Once approved by the committee, submit the proposed changes to the school board

### ACTION ITEMS:

- The committee accepted in general the corrections and modifications to G-3: Wellness Administrative Procedures as proposed by Kristina Kindl in order to comply with federal rules. Moving forward, the committee will reference this document when suggesting additional corrections or modifications to the G-3: Wellness Administrative Procedures.
- The committee voted to add a new Mental Health section or component. Jared Wright will work with Judy Yaworsky, Sarah Kelly, and Adrienne Lobato to write the initial language to present to the committee for discussion, revision, and approval.
- Section II. Nutrition Education (A.2.): The committee will attempt to replace the word “encourage” in order to be more specific on what actions / results are expected.
- Section III. Physical Education and Physical Activity (C.1.B.): Change the sentence to read “current first aid, CPR, and AED certification”.
- Section III. Physical Education and Physical Activity (G.): Modify the sentence to read “for grades 1-6” instead of spelling out the numbers.
- Section VIII. Eating Environment (B.): The committee voted to pursue a change in the minimum amount of time each student must be given for lunch. Kelly Orton will review the federal rules and report to the committee. If acceptable, the language will change to “at least ... 15-20 minutes for lunch, from the time the student is seated.”

- Once action items are completed, submit the final revision of proposed changes to G-3: Wellness Administrative Procedures to the entire wellness committee (by email) for a final vote of approval.
- Once approved, submit the proposed changes to the school board.

### **OUTLINE OF COMMITTEE RESPONSIBILITIES**

The purpose of the committee is to monitor the overall effectiveness of the district wellness policy and recommend policy and/or administrative procedure modifications as needed to positively impact student health. To comply with federal rules, a district wellness committee will be established to perform this task every three years.

The committee is a collaboration of various stakeholder groups. Each committee member is expected to be an active participant who will read and digest information, vocalize perceived concerns and solutions, and strive to do what is in the best interest of the student.

The objective of the committee is to enhance learning and develop lifelong wellness practices for children. The goal is to establish a healthy school environment, reduce childhood obesity, and prevent diet-related chronic diseases.

Recommendations will not move forward without a consensus vote of the committee: Thumbs up (yes), thumbs down (no way), Thumb to side (neutral).

Recommendations approved by the wellness committee are forwarded to the Superintendent's office to be presented to the School Board. The School Board has the ability to accept, modify, or reject all recommendations.

### **SCHOOL WELLNESS COMPLIANCE SUMMARY 2018 REVIEW**

The committee reviewed and discussed the School Wellness Compliance Summary for the 2017-2018 school year. Additional information, such as individual school wellness plans for the past three years, are found on the Child Nutrition Department webpage

<https://www.slcschools.org/departments/business-administration/child-nutrition/district-wellness-policy/>

The committee focused on the aspects of the wellness policy that reported to be below 80-percent compliant or appeared to lack clarity. The committee noted that some questions asked on the Wellness Policy Compliance form are not always clear and interpreted incorrectly by site administrators. For example, the committee questioned the wording in 1B. We need to be specific on what to do, what does "encourage mean"? The committee emphasized the importance of using clear and precise language on the School Wellness Policy Compliance form in the future.

### **PHYSICAL HEALTH AND NUTRITION REVIEW**

Missy Mackay-Whiteurs reviewed recent changes that affect the physical education components of the G-3: Wellness Administrative Procedures.

1. Teachers in Secondary Ed need to have a degree
2. Utah changed P.E. requirements and broke down instructor training to minutes instead of days

3. P.E. class size use to be 48 max students in the classroom, but now they have 60+

The committee discussed how 9th grade P.E. is required and our district curriculum requires Lifetime Activity and Fitness. Physical education hours are required in the elementary school (lunch period cannot be counted). Standards must identify inside school building when identifying P.E. class size. We need to include a statement about Dodge Ball.

The Healthier US School Challenge program evaluates the Physical Education and Food Nutrition environment at each school. Of the 35 schools that applied, the United States Department of Agriculture has recognized 20 schools at the Silver level and 15 schools at the Bronze level.

## **MENTAL HEALTH**

Sarah Kelly questioned why Mental Health is NOT a component of the wellness policy or procedures. The committee briefly discussed how federal rules dictate how the school wellness policy is developed, implemented and monitored. The rules focus specifically on improving the school environment regarding physical health and nutrition. At this time, student mental health is not a requirement of the final rule, but the committee could still recommend that mental health become a component of the policy and procedures for our school district.

Various committee members believe that with the tremendous mental health struggles that our students experience at all age levels, it would be appropriate to add a mental health component. The committee could recommend mental health and social services become a priority of the school. Student wellness is like a three-legged stool that includes physical activity, nutrition and mental health. Some suggestions include adding a mental health section as part of Health Class.

The committee posed the questions, “What steps can school employees take?” and “What resources should be available?” We say student mental health is important, but schools do not receive needed resources and they continue to lose counselors and social workers. Maybe adding something to the wellness policy or administrative procedures would prevent or stop the bleeding, and help move us back towards the school district providing direct resources rather than finding outside partners to whom we can subcontract the problem. Teachers have limited training on mental health trauma for students. Could the district hire someone who knows how to handle these difficult issues at school?

The committee agreed by consensus to recommend language that identifies a mental health component in district procedures. Committee members also agreed to review other district policies and procedures to determine if student mental health is address in another board document. Jared Wright agreed to work with Judy Yaworsky, Sarah Kelly, and Adrienne Lobato to write the initial language to present to the committee for discussion, revision, and approval.

## **FINAL RULE – CORRECTIONS AND MODIFICATIONS**

The committee accepted in general the corrections and modifications to G-3: Wellness Administrative Procedures as proposed by Kristina Kindl in order to comply with federal rules. Moving forward, the committee will reference this document when suggesting additional corrections or modifications to the G-3: Wellness Administrative Procedures.

Committee can move to make changes to any original language (black ink), but we need to have it reviewed and approved by Kristina to ensure compliance to final rules.

### **G:3: WELLNESS ADMINISTRATIVE PROCEDURES**

#### Definitions

The definition of the school campus and school day is vital to understand when non-compliant food items can and cannot be sold or provided on school grounds.

#### I. Nutrition Promotion

New section added to comply with final rule.

#### II. Nutrition Education

Section modified to comply with final rule. Topics discussed by committee include the following:

- **Section (A.2.): CORRECTION – Replace the word “encourage” in order to be more specific on what actions / results are expected.**
  - Eating Healthy is expensive.
  - Staff can inform students that school meals are proportioned for their nutritional needs.
  - Parent concerned about being told what not to bring from home for lunch.
  - Non-compliant foods can be brought from home for their own consumption (i.e., breakfast, lunch, snack).
  - The district will teach, model, encourage and support healthy eating - but we continue to have staff members walking in with a big gulp or a coke.
  - When it comes to these policies how strict we will be and what percentages of our day are we modeling this? This policy isn't out there to get anybody in trouble. It's about promoting positive eating habits.

#### III. Physical Education and Physical Activity

Section modified to comply with final rule, clarify dodgeball is prohibited, limit P.E. class size, and adapt to new physical education standards as needed. Topics discussed by committee include the following:

- **Section (C.1.b.): CORRECTION - Change the sentence to read “current first aid, CPR, and AED certification”.**
- **Section (G.): CORRECTION - Modify the sentence to read “for grades 1-6” instead of spelling out the numbers.**
  - Secondary schools require a certified P.E. teacher and Elementary schools a paraprofessional.
  - Paraprofessionals trained to run P.E. at the elementary level is not consistent with reality. Low wages with no salary benefits does not attract and retain the required skill level.
  - Training is available next year for elementary (it will be paid for).
  - Elementary P.E. teachers are paraprofessionals until that changes this doesn't matter.

#### IV. Other School Based Activities

Section modified to comply with final rule.

#### V. Food and Beverages Sold to Students

Section modified to comply with final rule. Added opening statement and created sub-categories (A) Nutrition Standards for All Foods on Campus and (B) Nutrition Standard for Beverages All Schools May Sell.

#### VI. Celebrations and Rewards

New section added to comply with final rule. Topics discussed by committee include the following:

- When kids have a birthday, will the district provide a healthy snack for them to eat? No.
- Don't encourage parents to bring things for birthdays. Encourage non-food rewards or healthy options such as a box of raisins or apples.
- Parents can bring healthy nutritious items for students.
- Review the document - Alternate To Food As A Reward published on the child nutrition webpage <https://www.slcschools.org/departments/business-administration/child-nutrition/district-wellness-policy/documents/alternate-to-food-as-a-reward-pdf/english/alternate-to-food-as-a-reward-pdf-english.pdf>
- We have a problem in society and need to quit providing candy and other foods as a reward.

#### VII. Fundraising

New section added to comply with final rule. Topics discussed by committee include the following:

- Special exemptions are available, but CANNOT be served in competition with school meals and CANNPT exceed 3 per school campus per school year.
- You can have more fundraisers if it meets the Smart Snack In School guidelines.

#### VII. Eating Environment

No changes needed to comply with final rule. Topics discussed by committee include the following:

- **Section (B.): The committee voted to pursue a change in the minimum amount of time each student must be given for lunch. Kelly Orton will review the federal rules and report to the committee. If acceptable, the language will change to “at least ... 15-20 minutes for lunch, from the time the student is seated.”**
- By allowing schools to choose a 15-minute lunch instead of 20-minutes, school schedules would be more open to implement “Recess before Lunch” at all grade levels. The practice of “Recess before Lunch” has proven to be extremely successful in getting students to eat.
- Look at the possibility of having a different time requirement to eat lunch according to grade level. Younger children need more time to eat lunch.
- Student ID badges or cards can help younger students get through lunch line quicker when they don't know their number.
- Discussion about recess before lunch (this doesn't affect High Schools)

#### IX. Food and Beverage Marketing in Schools

Section added to comply with final rule. Topics discussed by committee include the following:

- If large equipment (scoreboards) already exist, schools are not required to modify them.
- Schools can display a company logo (i.e. Coke) if the company sells products that meet Smart Snack in School standards, and only approved products advertised (such as diet coke).

#### X. Child Nutrition Operation

No changes needed to comply with final rule. Clerical modification made.

#### XI. Food Safety/Food Security

No changes needed to comply with final rule. Clerical modification made.

XII. Implementation and Evaluation

Section modified to comply with final rule and become more transparent. Clerical modifications made.

XIII. Annual Notification of Policy

Section added to comply with final rule. Wellness Committee information posted on Child Nutrition Department website <https://www.slcschools.org/departments/business-administration/child-nutrition/district-wellness-policy/>

XIV. Triennial Progress Assessments

Section added to comply with final rule. Wellness Committee must evaluate effectiveness and make corrections as needed every 3 years.

XV. Recordkeeping

Section added to comply with final rule.

**CONCLUSION – MOVING FORWARD**

Meeting minutes will be submitted by email to the committee for review, correction, and final approval before posted on the district webpage.

Committee members agree to move forward to work on small group assignments and perform committee business by email when possible.

Recommendations will not move forward without a consensus vote of the entire wellness committee: Thumbs up (yes), thumbs down (no way), Thumb to side (neutral).

Recommendations approved by the wellness committee will be forwarded to the Superintendent's office to be presented to the School Board. The School Board has the ability to accept, modify, or reject all recommendations.