

Minutes From the Bluffton District Wellness Council Meeting

January 27, 2016

See attached list for members of the council.

1. Review of the Physical Activity, Nutrition, and Wellness Program Policy Objectives as a policy- Discussion centered around the policy objectives and if anything needed to be changed. The team will meet again in May and come with any other ideas that we may want to add to the policy.
2. District Health and Wellness Program Coordinator overview and discussion- The discussion revolved around the importance of physical fitness and healthy eating habits for students and staff. The Wellness program for staff from the Allen County Consortium was discussed and the effectiveness of this program.
3. Review and discussion of the participation in Federal School Meals Program- A discussion of meeting the requirements of the Federal Meals Program and how our food service personnel does an excellent job in each cafeteria. A discussion took place on offering more salad options at the MS for anyone who would want a salad on a more regular basis.
4. Review and discussion of our school health and wellness education in each building-

HS- The physical education and health courses were discussed along with ways for our students to be active in other classes as well.

MS- The physical education and health courses were discussed along with ways for our students to be active in other classes as well. The activity time at lunch time in the gym was viewed as positive way for students to be active in the middle of the day.

ES- The physical education classes and recess was discussed that keeps students active along with discussion on how to incorporate more information to students about healthy eating habits and living. Looking to have more information in May on the healthy eating topic for all grades K-12.

5. Review and Discussion of our K-12 Physical Activity Opportunities

HS- Physical Education Courses, athletic teams, and after school strength and conditioning workouts are offered to students. Many students participate in activities outside of school as well that keeps them active.

MS- Physical Education Courses, athletic teams, and after school strength and conditioning workouts are offered to students. Many students participate in activities outside of school as well that keeps them active.

ES- Recess and physical education class keeps students active along with the playground open to all after school and field day at the end of each school year.

6. Review and Discussion of Nutritional Quality of foods and beverages sold and served-
Short discussion on the cafeteria adhering to the rules of nutrition quality.

7. Any other discussion pertaining to our Wellness Program.

A discussion about Brain gym activities that we may want to explore for next year in elementary and MS. Continue to emphasize staff wellness from the Allen County program and hopefully carries over to our students as well. Everyone told to bring ideas back to the May meeting, anything that could help our wellness program.