

## 2019 Wellness Meeting Agenda

Present: Terri Greve RN, John Stephens-Superintendent, Patty Carroll-Home Ec. Teacher, Ashley Matheson-El & MS Guidance, Joni Pechie-El Principal

Introduction:

4 areas of our policy:

Education: Both Health and Physical activity-updates from teachers

Food Service: Updates from the cafeteria

School Based Activities:

Examples of activities include "Jumprope for Heart/ and Field Day for the Elementary,

Fun Run for Middle School and

Serve Arcanum/Class of the classes for the High School

Measurement and Implementation: Evaluation completed by Mrs. Greve

### Review of the Evaluation: Areas that were marked "No"

- Farm to School Activities/School Garden? New Ag Greenhouse and Outdoor Science Lab? Is there a possibility to use these for some produce for the healthy choices in our cafeteria? I will check with the Ag teacher.
- Advertising of only Nutritious Foods
- Prohibit the use of foods and beverages as a reward. We do not prohibit. Food and beverages as rewards are used some, but it is not the main focus.
- We do not have an after school snack program
- We do not operate a fresh fruit and vegetable program. Our cafeteria does a great job serving fresh produce on a regular basis for lunch.
- We do not prohibit staff from keeping kids in from recess. This is discouraged.
- We do not have recognition and reward for healthy behaviors. We talked about adding this to our PBIS program and highlighting healthy choices. Terri and Ashley will work on that for the Elementary 2019/2020
- We do not have community partnerships supporting healthy choices. Looking for ideas about incorporating this into the community efforts we already have on the schedule.

Old Business

Agendas and handouts

Birthday Treat options

- Cafeteria to offer healthy birthday treat options for families in 2019/2020

#### Fruit Smoothies

- Industrial Blender donated by Whirlpool to the School to begin providing smoothies as an option in the 2019/2020 school year

#### New Business

What more can we do to get the School Community involved in Healthy Choices?

- Promoting Wellness with the staff
- Encouraging the Fundraiser projects to be healthy options
- Publicly use the positive choices of the staff to encourage students

Getting the message out

#### Social Media

- Highlight the healthy choices through our school's social media