

## 2016 Wellness Meeting Agenda

Introduction: Thank you for coming.

Present: Terri Greve, Andrew Bryant, Tim Pfahler, Steve Christ, Joni Pechie, John Stephens, Jason Stephan, Marcus Bixler, Ryan Malany, Beverly Delk, Ashley Matheson, Tara Hagan, Teresa Leeper, Patty Carroll, Nicki Bowser, a student and Kirsten Ketring

History: In 2006, our student wellness policy was written. Last year, the US Department of Agriculture's Food and Nutrition Service expanded the wellness plan requirements. We are here today to work on these requirements and hopefully improve the overall health of our students and staff.

What is in our policy...4 areas: Education: both health and Physical activity

Food Service:

School Based Activities:

Measurement and Implementation:

What the new requirements are...measurable goals for nutritin promotion and education.

We teach nutrition in what grades?? 4<sup>th</sup>, 7<sup>th</sup>, and 10<sup>th</sup> and in elective foods classes

Nutrition guidelines for all food and beverage available for sale on the school campus during the school day. \*fund raisers, bake sales, etc.

Standards for food and beverage available but not sold on the school campus during the school day.

\* items not sold-parties, snacks provided by parents or food offered as a reward or incentive OK

Foods advertised or marketed-contracts with food companies

Public involvement—triennial assessments, public notification and record keeping

How do we measure up...divide in two groups and complete evaluation-

What can we do...ideas to consider...

\* parent handout just for nutrition, including lunch, birthdays and sales-

\* ice cream-elementary-

\* birthday treat options-

\* fruit smoothies-

\* handbooks:

Elementary-has whole policy and request to have 'neat' snacks-

MS-information about the cafeteria-

HS-nothing\*\*\*what should be included in the handbooks? should we be consistent? Should we include something about sales-

Follow up meeting...