

Deer Park Wellness Committee Meeting
Monday, May 22, 2023

Meeting Outline: Brandon Grubenhoff

Team Members Invited: *communication about the meeting was also posted via district newsletter to engage community members should they like to attend.

1. Jay Phillips-Superintendent
2. Peggy Bosse-Board Member
3. Chris Huster-Board Member
4. Jake Snyder-Communications Director
5. Traci Day-Parent/Food Service
6. Bri Listerman-Food Service
7. Leslie Karle-School Nurse (Amity)
8. Julie Dydo-School Nurse (Jr./Sr. High)
9. Karen Henry-Health Teacher
10. Callen Fowler-PE Teacher (Amity)
11. Joe Donnellon-PE Teacher (Jr./Sr. High)
12. Audrey Lipps- Student (Jr./Sr. High)

Current Wellness Policy:

- Take a moment to review policy as it's written and provide any feedback on possible changes that may need to be made. [Wellness Policy](#)

Overview Of Healthy Schools Assessment:

- Bri Listerman & Brandon Grubenhoff met on 5/10/23 to review the Healthy Schools Assessment that was completed last year by the District Wellness Team. After the review it was determined that it would best serve the committee to continue to align practices and goals to move the district from the current rating of "Under development" which means we are currently only meeting one of the chosen areas to "Fully in place" which would then allow us to meet/exceed in the areas of how nutrition education is taught/covered in our district in 3 or more identified areas.

Continuation Of Goal Selected:

Goal:

We would like the nutrition services staff to increase the number of ways they collaborate with teachers to reinforce nutrition education lessons taught in the classroom. They can do this by completing three or more of the following:

- Participating in design and implementation of nutrition programs
- Display educational and information materials that reinforce classrooms lessons
- Provide food for use in classroom nutrition education lessons
- Provide ideas for classroom nutrition education lessons

- Teach lessons or give presentations to students
- Tasking party in collaboration with classroom teacher
- Presentation on nutrition and food services to PTO
- Sports nutrition - collaboration with coaches
- Classroom tour of cafeteria or meet and greet with School Nutrition Staff
 - This was selected as the focus area during last year's committee meeting. Karen Henry has had the opportunity to have her 6th grade Health students speak with the cafe staff to discuss topics surrounding healthy food choices, etc., and is planning to have them visit the actual food prep (cafe) next year for additional support in understanding/learning.

Tasks:

- Identify 2 additional bullet points from above that we can work towards to implement in addition to continuation with the classroom tours of the cafe for the 23-24 school year.

Additional Discussion:

- Do we want to add a goal related to physical activity (recess) that would have teachers and recess monitors "encourage students to be active"?
- Currently, we are only partially meeting this goal as "Recess is provided for at least 20 minutes each day, but teachers or recess monitors do not encourage students to be active".

Goal Selection:

Continuation of:

1. Classroom tour of the cafeteria or meet and greet with school nutrition staff (This will be led by Karen Henry through her 6th grade health class).

Adoption of:

1. Providing literature to both parents and students on nutrition and healthy choices
 - a. Literature for parents on nutrition can be passed out during parent information nights.
 - b. Literature/lessons for students on nutrition and healthy choices can be incorporated into classroom instruction.
2. Presentation/Handouts for athletes
 - a. Provide recommended nutrition food options for student athletes in regards to their specific sports (Will work with D1 team and sports medicine teacher).
3. Encouraging students to be active
 - a. Students while taking part in daily recess activity will be encouraged by teachers and recess monitors to become physically active during their time outdoors. This can be done by actively taking part in a game or activity with other students or simply walking the recess space to engage in physical "steps".