

School Wellness Committee

Purpose

The purpose of developing the wellness committee is intended to ensure that each public school district has an established group of school staff and concerned community representatives to recommend, review and help implement school district policies addressing school nutrition, nutritional education, physical activity and related issues that affect student health (from the DPH CMR 105).

NM School Wellness Committee will work collaboratively across disciplines to:

- Ensure a healthy school environment that supports the physical, mental, emotional, cognitive and social well-being and safety of all NMRSD community members.
- To review/evaluate the wellness policy, procedures, and district wellness programs for consistency with state and federal standards, as well as impact on community health and learning.
- Provide information and support to adult staff involved in the care and education of students. This will include professional development for staff, support programs and employee assistance and wellness programs.

(***These are suggestions and can be modified as we work together)

Committee Members (proposed)

- District administrator - Gary Reese
- Supervisor of Health Services - Cathryn Hampson
- Food Services/Nutritional Representative - John Veaser
- Physical education Representative - Lynne Archambault
- Mental Health Representative (guidance counselor, adjustment counselor, psychologist, social worker, etc.)
 - Beth Romano
 - Laura Heideman
- Health Services Representative - Rebecca Boutwell
- School Committee Member - Randee Rusch

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Committee Meeting Agenda/Notes Wednesday, 2/8/23

1. Introductions
2. Norms
 - a. Come prepared
 - b. Start and end on time
 - c. Follow the agenda
 - d. Create an inclusive environment
 - e. Be solution-focused
 - f. Always assume positive intent
 - g. Safe place - what's said here, stays here
 - h. Have fun
 - i. All voices heard
3. Purpose and goals
 - a. See above
 - b. [Current Wellness Policy \(2018\)](#)
4. Review Wellsat
 - a. The WellSAT is a quantitative assessment tool to help you score and improve your local School Wellness Policy
 - i. Guide to finding holes in your policy and in the process of improving your wellness policy and programs.
 - b. <https://www.wellsat.org/>
 - c. WellSAT 3.0 Assessment of Current Policy (Sent in email)
5. [Draft Policy](#)
6. Moving Forward
 - a. Members all onboard?
 - b. Focus this year: updating policy
 - i. Goal is to have this policy ready for SC review and approval with our May meeting
 - c. Meeting dates/times
 - i. March 9th at 3 p.m.
 - ii. April 13th at 3 p.m.
 - iii. May 11th at 3 p.m.

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Thursday, March 9, 2023

3:00 - 4:30 p.m.

Present: GReese, RRusch, BBoutwell, BRomano, CHampson, LHeideman

1. School Wellness policies are evaluated based on the degree to which they address 67 policy items that are:
 - a. divided into 6 sections
 - i. Nutrition Education
 - ii. Standards for USDA Child Nutrition Programs and School Meals
 - iii. Nutrition Standards for Competitive and other foods & Beverages
 - iv. Physical Education and Activity
 - v. Wellness Promotion and Marketing
 - vi. Implementation, Evaluation and Communication
 - b. And rated with a 0,1, or 2 scale (defined below)
 - i. 0 - Not mentioned
 1. The item is not included in the text of the policy
 - ii. 1 - Weak Statement
 1. The item is mentioned, but
 - a. Hard to enforce because vague, unclear or confusing
 - b. Written as goals, aspirations, suggestions or recommendations
 - c. Contain loopholes that weaken enforcement
 - d. Indicate a future plan without delineating the plan clearly
 - iii. 2 - Meets or Exceeds Expectations
 1. The item is mentioned and is clear that there is commitment to making this happen
 - a. Strong language used to indicate that action or regulation is required
 - b. Described with concrete plans/strategies for implementation
 2. Words used: shall, will, must, have to, insist, require, all, total, comply and enforce
 - c. Scoring looks at 2 areas
 - i. Comprehensiveness - is it at least addressed in the policy
 - ii. Strength - how many actually met the expectation
2. [Here](#) is a pdf of the questions and guidance for scoring
3. [Blank Scorecard](#)
4. How our school policy fared on evaluation
 - a. Nutrition Education
 - i. Comprehensiveness - 100
 - ii. Strength - 25
 - b. Standards for USDA Child Nutrition Programs and School Meals
 - i. Comprehensiveness - 30

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- ii. Strength - 10
 - c. Nutrition Standards for Competitive and other foods & Beverages
 - i. Comprehensiveness - 62
 - ii. Strength - 8
 - d. Physical Education and Activity
 - i. Comprehensiveness - 50
 - ii. Strength - 6
 - e. Wellness Promotion and Marketing
 - i. Comprehensiveness - 8
 - ii. Strength - 0
 - f. Implementation, Evaluation and Communication
 - i. Comprehensiveness - 38
 - ii. Strength - 0
 - g. Overall District Policy Score
 - i. Comprehensiveness - 47
 - ii. Strength - 8
5. [Wellness Draft](#)
- a. Review and Discussion
 - i. Cathryn - assign areas in all cafeterias for food program to put up educational materials in cafeteria (done)

Thursday, Apr 13, 2023
3:00 - 4:00 p.m.

Present: CHampson, RBoutwell

1. [Wellness Draft](#)
 - a. Review remainder of wellness draft, discuss and finalize changes
2. [Blank Scorecard](#)
 - a. All team members will score the policy independently and send their results to Cathryn or Becky by 5/4/23.
 - i. champson@nmrsd.org
 - ii. rboutwell@nmrsd.org
 - b. [Here](#) is guidance for using the tool and scoring our new policy.
 - c. If time - we will score one portion together
3. Next Meeting - Thursday, May 11th from 3-4 p.m.
 - a. Link to meeting:
 - i. Meeting ID
 - ii. meet.google.com/gsp-nakn-iwi