

USDA Wellness Committee
10/10/24 (Thursday) at 3:30 am
Via Zoom

MINUTES

1. Attendance: Linda Lannin, Amy Cassidy, Meghan Chevrefils, Raffi Zack, Emmie White and Kelly Seeley

2. FY25 Committee Membership Update

- Welcome to New Member: Raffi Zack from the HSD School Board · Several other open positions: Food Service position, PE Teacher (preferably secondary), parent and two students.

3. Status of USDA Timeline for Updating the School Menu Standards-Amy
School menu standards: Amy shared that all of the proposed rules, timelines, and literature has been finalized. Major changes will not impact our schools until next school year. Food service hopes to start to roll out these changes this year. There are no major, upending rules thankfully.

4. FY25 Baseline Assessment and Process (see attached draft documents)

- Review the Elementary and Secondary assessment documents created by Kelly, Paula and Amy C.
- A slightly different approach was taken.
- Come to the meeting prepared to discuss, make changes and finalize.
- The two documents will go out to our Principals and our Wellness Coordinators.
- The Wellness Coordinators will use the documents the same as last year to gather the data for their school in November.
- Principals' will be given the results of their assessment so they know what improvements need to be made December through May.
- Wellness Committee will review the baseline data collected in November during their January meeting.
- Wellness Coordinators will use the assessment tool to gather the data for their school again in May.
- Wellness Committee will review, in June, the data gathered in May to analyze the improvements made from the baseline assessment done in November.

Assessment results: Wellness coordinators will be able to take these goals and implement them at each school. Kelly hopes to finalize and idealize these goals for implementation during this meeting. She opens the floor for comments:

Amy: Really pleased with the potential changes. Feels as though they will be motivating to the coordinators.

Linda: Pleased with the wording. Finds it reads brightly and well. She asked how we will implement 10 more minutes each day of movement at every school equitably. She feels as though students get a lot of movement at some schools and very little at others. She feels as though 10 minutes is not a good “blanket” for each school and that it should be tailored to each school. Kelly will add a short blurb asking Wellness Coordinators to list what steps each school is taking to improve movement.

Raffi: Asks about the promotion of a monthly fruit or vegetable. How will it be done? Is this okay for the cafeteria/ will they help with this movement? Amy shares that they are already implementing a food each month, but now we can connect that to the classroom more easily with this small new initiative.

Raffi offers the cute idea to have students vote on the “Best” new food of each month and have the students decide which is most popular. This was met with high praise from the committee.

Linda: Adds that Paula Izbicki (HPS Principal) asked about who was responsible for identifying goals in the school beside the Wellness Coordinator? Some responsibilities fall to the Principal... Linda just notes that those responsibilities need to be well articulated and assigned. Kelly will add specific notes to the assessment to make it clear what the principals are responsible for.

With these comments, the committee decided that the review of the FY24 assessment was complete and implementation could begin. Starting in November, Wellness Coordinators will be able to start tracking where their school is in implementing these goals. In May 2025, all of the goals will be considered and we can evaluate what has been achieved.

5. Wellness Policy Education Project

- Wellness Policy goes out to staff this week or next via principals · Decision Tree Flyer goes out to staff the week of Oct 14th along with the Oct email (attached)

- Decision Tree Flyer goes out to staff before Valentine's Day along with the Feb email (attached)

Committee looks at the flow chart that outlines federal guidelines and healthy eating standards at schools. Kelly confirmed that each principal has received this flow chart and should be working on using it to educate staff. Most schools are fully on board with this implementation.

6. Next Meeting: January 9th – 3:30 pm via Zoom

Kelly asks each committee member to consider what they want to work on during the January meeting. Emmie added that members may want to look at Policy JLCF: Wellness for reconsideration in time for FY26. January would be the time to ask for changes if we are going to do it.

Amy: Asked to discuss recess before lunch or vice versa at the next meeting. There are a lot of lunch line behaviors and wonders if organizing recess to lunch orders could help here.

Linda: shares that at HPS and HUES, most do recess before lunch and that there are many factors that impact each order (weather, timing, behavior, etc.). The group concludes that this is a lengthier conversation that needs to happen.

Kelly: Will add this conversation to the next agenda as there is a lot to unpack

7. FY25 Meetings:

- April 10th
- June 5th