Southern Fulton School District
Wellness Committee Meeting Minutes
Date: February 19, 2025
Time: 9:00 a.m.
Location: DO, HS, ES and Remote

Attendees: See Sign-In

1. Call to Order

The meeting was called to order by Meredith Hendershot

2. Review of Wellness Policy (Triennial Assessment)

- The committee reviewed the district's wellness policy as part of the triennial assessment.
- Discussion included areas of success and potential improvements.

3. School Lunches and Breakfasts

- High school meal options are notably better than elementary school options.
- Elementary school breakfast is sometimes cold due to the grab-and-go format.
    - Discussion on potential solutions to improve temperature and quality.
    - Possible alternatives include warming stations or different packaging methods.
- A corporate chef is scheduled to visit to evaluate and suggest improvements.

4. Nutrition Education in Elementary Schools

- The elementary school currently participates in the GEM program.
- Discussion on additional ways to incorporate nutrition education.
    - Potential integration into Physical Education classes.
    - Exploring other subjects or interactive lessons for younger students.

5. Health and Nutrition Education in High School

- 8th and 11th-grade students cover nutrition as part of their health curriculum.
- Consideration of expanding topics to include practical applications of nutrition.

6. CPR Training Discussion

- Discussion on implementing CPR training for high school students and teachers.
- Options include:
    - American Heart Association's online certification.
    - Medical Access offering in-person training (potential requirement).

7. Recess and Physical Education

- Recess at the elementary school should not be removed as a form of punishment.
- All students in grades 7-12 are required to participate in Physical Education.

8. Adult Meal Program

- The committee is working on creating an improved menu for adult meals.

9. Free Breakfast Program

- The committee expressed strong support and appreciation for the free breakfast program.

10. Adjournment

The meeting was adjourned at 9:20a.m.

Next Meeting: February 2026
Minutes Prepared By: Meredith Hendershot