

S.W.A.C
January 30, 2025 Meeting Minutes and Three Year Review
3:45-5:15 PM Via Zoom

Attendance: J.Geist, C.Johannessen, C. Cushman, J. Clements, N. Dineen, E. McLaughlin, R. Esip, S. Kenyon, K. Cleary, C. Stephenson (Coach)

3:45- Introductions

Goal: Review, Revise, and Produce a fully compliant School Wellness Policy

Review of current policy EDF

3:55- Go to: HealthierGeneration.org to do the evaluation of policy language

 Create free account

 Join organizations, look for state, then district. Indicate what role you have in the district.

Section 1: Reviewed implementation and creation

- Revisions needed:
- Policy needs to state the meeting meets four times a year and is available to the public
- Update the district level official responsible for the implementation- first paragraph.
- Best practice- have the policy establish a school-level official responsible for the implementation of the school wellness policy
- Must state that the policy needs to be evaluated every three years. NEED TO WRITE A MEMO ABOUT TODAY and PUBLISHED.
- The review language must state that we will look at model policies
- Measures state and fed laws
- Update on policy goals made public

Section 2:

- Following federal register regarding compliance- Charlotte will share.
- Needs to include statement about breakfast program participation. (not just lunch).
- Access to free water during the day including meals.
- Procedures for monitoring the quality of water available during the school day.
- Procedures for the implementation of Far to School programming. NOT required.
 - Do our best to...
- Ensure food staff receive required hours of learning
- Procedures for incorporating youth/family voice in school meal programming.
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Section 3:

- Add smart snack standards for all foods and beverages, competitive foods, and MA nutrition Standards for Comp. foods and Beverages in Public School (A-list), Charlotte will provide language. Midnight from day before to 30 minutes after the bell needs to be included as well
- Food Provided not sold- Charlotte will share some samples.need to follow smart snacks and ma standards, whichever is stricter
- Food and beverages marketed have to meet USDA smart snack standards.
- Fundraising (food-based) has to follow USDA Smart Snacks Standards during the school day.
- Food as a reward has to be prohibited.

Section 4:

- Education needs to include National standards as well.
- Culturally responsive nutrition education for all students in all grades.
- Require the integration of food literacy into core curricular areas.

Section 5: PE

- Outline specific goals related to pe including physical education requirements. K. Cleary shared new framework language that Charlotte approved to use. Don't have to have it spelled out to actual minutes/level of detail.
- Specific goals related to physical activity, including recess and movement breaks in the classroom.

Section 6:

- Physical activity opportunities for staff.
- All staff meetings follow healthy meeting requirements. BEST PRACTICE

Finished assessment at 4:50 PM

Charlotte shared resources she put in our shared folder:

Final Rule: outlines all the requirements of the policy.

- Reviewed resources
 - Local Wellness Policy Checklist
- K. Cleary- looking for resources to avoid being seen as the “cupcake” police.
- Jordan will check in with Principals to see where we are with food or other celebrations (equity).
- Tier two program is about implementation. 4 meetings. A model is provided on how to implement the policy- Should apply for next year. Haven't opened up the application yet.

Next steps

- Review materials shared by Charlotte to update/revise the policy.
- Target date for revised policy to Charlotte for March.