

USDA Wellness Committee
1/16/25 (Thursday) at 3:30 am
Via Zoom

MINUTES

Attendance: Linda Lannin, Raffi Zack, Amy Cassidy, Liz Barbour, Emmie White, Kelly Seeley

1. FY25 Committee Membership Update

- Open positions: Food Service position, PE Teacher and Nurse (preferably secondary), parent and two students.

Some HBHS Students have shown interest in contributing to the group aims which is more than welcome and highly encouraged. The other open positions are being sourced actively.

2. FY25 Baseline Assessment and Process (see November data collection attached)

- 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 January 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.

For January, the Committee should identify anything that stands out from the November data collection that we should address in next year's survey or even in their work to meet this year's goals.

Group consensus was that the year's preliminary data looked "okay". Pre-November is a difficult timeline to tackle goals because so much happens in the first few months of the year. Fortunately, this deadline is intended to be a baseline collection of data. The group talked about communicating this notion better as there was some confusion and concern with staff about not completing the goals in a timely manner.

There were a lot of thoughtful responses in the survey with plans for action which was very encouraging. The group was pleased with the clarity of the remarks. At this time, the group believes that the survey is as user friendly as it gets. The only major

improvement they can make would be to communicate each survey's goals as they correlate with time of year.

3. Reminder: Wellness Policy Education Project

- Wellness Policy goes out to staff in October via principals
- Decision Tree Flyer goes out to staff the week of Oct 14th along with the Oct email
- Decision Tree Flyer goes out to staff before Valentine's Day along with the Feb email

October flyers reached staff successfully, and the group prepared information for the February installment of flyers.

4. New Topics Based on Suggestions During the October Meeting:

- a. Wellness Policy (attached) Updates – Do we need any?

Policy JLCF: Wellness is legally up to speed. Content may need to be vetted to align with current practices, but, as all of the policies were passed in the last year, this is unlikely.

Policies take upwards of six months to pass at the school board level, so the group consensus was to leave the policy as is. It is a stable policy, and keeping it as is will offer us the best opportunity to maintain good consistent practice. If legislation changes, they will refer to the policy to make sure that everything is still compliant.

- b. Recess and Lunch Timing

Food service sees a negative impact of having lunch before recess as the timeline is often too short to successfully feed students, allow them to eat and socialize, clean up, and then prep to go outside in the winter.

Often, the building's structural problems create these negative impacts (cafe and gym is shared at HPS for example).

It would be ideal to get all students to recess and then to lunch, but that needs to be discussed at the administrative level. The committee is unsure if there is a solution to these problems- the hope is to find a medial remedy.

- c. Other Topics

No other topics were brought up.

5. Next Meeting: April 10th – 3:30 pm via Zoom

6. FY25 Meetings:

- June 5th