



School Wellness Policy Committee Meeting

Monday, December 18, 2023, In-Person

4:00 PM - 5:00 PM

Scullen Leadership Center, Room 190

131 E. Washington St. Appleton, WI 54911

****Although Board members may be in attendance as observers at this meeting, no Board of Education resolutions will be approved nor will Board members be involved in committee voting.***

Chair: **Dr. Thai Xiong**, Director of STEM (7-12) and Health & Human Performance (K-12)

Co-Chair: **Mikki Duran**, Health & Human Performance Program Leader

Present: **Jill Granger**, *Member*
 Jennifer Czerwinsk, *Member*
 Natalee Brzack, *Member*
 Shannon Paulson, *Member*
 Sarah Clarke, *Member*
 Mikki Duran, *Member*
 Patti Garvey, *Minutes*
 Tony Sonetti, *Member*
 Marissa Schwartz, *Member*
 Krista Olearnick, *Member*

Absent: **Thai Xiong**, *Member*
 Diane Wittman, *Member*
 Kelly Wick, *Member*
 Charles Heurkens, *Member*
 Rebecca Salveson, *Member*
 Emily Bowles, *Member*
 Avery Olearnick, *Member*
 Michel Wilondia, *Member*
 Finn Hanson, *Member*

Call to Order

MD called the meeting to order at 4:00 pm.

1. Introductions / Review of Committee's Role / Guidelines

MD shared the School Wellness Policy with the group. We are required to have this policy. Also shared the School Wellness Procedures, including nutrition standards, lunch rules, and shared the history and purpose of the Wellness Policy. We reviewed the Guidelines and Committee Structure, and were given time to read and review.

SC asked to have the minutes sent out prior to approval. Minutes are also available for viewing in Board Docs.

2. Update on Approval of November 17, 2022 Agenda Community Input

3. Update on Review of Nutritional Standards Request 11/4/20

At 11/4/20 there was a motion to review the Wellness Policy with a neutral dietitian to discuss nutrition standards. We have not been able to replace a non-AASD dietitian so there was not an additional meeting that year. Jill G stated that although there are understandable reasons for having a non-biased dietitian, was truly advocating for the health and wellbeing of the students. Sara C countered that the district currently serves food that is 35% sugar, stating that is too high.

4. Review Action for Healthy Kids (AFHK) Assessment Tool - School Health Index (SHI) and School Wellness Policy Implementation Checklist

MD noted that the Action of Healthy Kids Evaluation Tool will be used annually by each school site within AASD. Each site should have their own wellness committee.

MD reviewed the Annual Report via the big screen and reviewed the strengths (social and emotional climate, school health and environment, nutrition environment) vs. weaknesses (school health services, community involvement (family health nights, TKC), family involvement.

SC asked if there are stats/numbers for those students who have Diabetes 2. Do we report on any of the components of BMI? MD stated that students are to have a healthy understanding of their body content vs. body weight. SHI (School Health Index) is tied to educational outcomes, but does not measure BMI. It's reporting students' overall health and well-being. Educational outcomes within physical education: What do I learn and how do I apply it?

TS stated that each district has different assessment tools, and it can be hard to distinguish the indicators. SHI is self-reporting within the measure itself. There was a question about whether our district receives more funding if we have certain policies in place. MD stated that not necessarily the case. SC stated that it would be nice, if when filling out the SHI, to have 3 action points to compile to look at. MD: Each school does get their own information. District gets the data as a whole, encompassing the entire district.

SC inquired as to whether the sites committees make action plans. MD stated that's up to the committee. SC wondered if we could ask these committees. MD stated we would have to add this as an agenda item. SC stated that we can do more than SHI if we wanted to. MD shared that SHI is an equal measurement. Each district might use that data in different ways. Some are subjective with the measurements, some are not. SP stated that two schools can get into the 'excellent' mark (on the SHI) and can either move up or go down in their marks, therefore is unsure if a committee would be helpful since we already have the data. SC stated this could be a collaboration effort vs. giving them more to do, as MD had mentioned. TS commented on finding the balance of being both collaborative and transparent, and working with parents and community involvement. MD agreed; that there may be things happening at the sites that our committee is unaware of. TS asked if we know how many sites have a parent or community member on their committee? MD stated that we haven't asked for that info; there are no requirements that a parent or community member is on those committees, but stated we could suggest this to the sites to get more community involvement.

5. Action Item: Motion to Approve Forwarding of SHI Assessment Recommendation to AASD Board of Education

Motion to approve by KO. Second motion by SC. All in favor of moving action forward to the BOE. All approved, no objections.

Based on our discussion today, is there a need for future meetings related to:

- Monitor the implementation of the Wellness Policy
- Evaluate the Wellness Policy Progress
- Serve as a resource to school sites
- Revise the Wellness Policy as necessary

SC asked if a list of ingredients can be posted where the menus are posted in the schools. JC stated that menus list the items and some nutritional facts, but does not list the ingredients. SC stated that the school lunch program impacts people of color, financially less stable, people who may not want to take the time to gather that information. SC voiced that a huge part of the education is knowing what you're ingesting. Some meals are nice, some are processed. It would be nice to teach children to learn what exactly they are putting in their bodies.

JG asked if restaurants state their ingredients. SC stated yes, they do. JG has worked in 4-star and fast food restaurants and stated it is not protocol to list the ingredients. JC added that posting ingredients would take an extreme amount of time. SC mentioned that we can do better for our kids. A deeper conversation took place about this.

Per JG, there are multiple options for each meal at all schools. To create an ingredient list for each item offered would create an unimaginable amount of time. Students can see ingredients of the snack they are eating, but how? Is there a binder? A posting? Students would have to learn why the information is there. There would have to be education to go along with it. SP: You can access carbohydrate info on Chartwells. KO: Students are universally taught to look at ingredients in health classes, such as nutrition labels. SC: We are building habits that last a lifetime; their brains are still learning. We once said it's okay to sugary breakfast bars, even though they are considered a 'sometimes' food, but students don't know they are a 'sometimes' food. MD: The government allows us to put together meals for a week. Ultimately it goes back to educating in ELEM through their last health class, they do talk about this as part of their health plan. They are taught in other ways throughout their schooling.

MD questioned if the group would like this topic being added as a future agenda item. (Should there be an ingredients list posted in each cafeteria or online?), stating she would like to allow the people who would create these lists the option to determine if this feasible.

SC asked if Chartwells is up for bid this year, if that is something that this committee is involved in, or who makes that decision. MD stated she didn't want to speak for Business Services, but they would need to be part of this conversation at the start.

SC proposed a motion for a sub-committee or a special meeting to take place with members from this committee, to look for this particular standard on listing ingredients. Suggested having a 'wish list' for a food service provider that we could take to the deciding committee. Added that we shouldn't have 30-40% sugar, we should have only 10%. Motioned for an optional/special

meeting for anyone who would want to join this meeting and work through the logistics, as it relates to the food that we serve. MD stated the process would be the sub-committee/special meeting, minutes would have to be taken to our SWP Committee, which would then take to BOE.

SC questioned if it was an option to do this all electronically but per MD, it is uncertain if an electronic vote is an option, as we haven't functioned that way in the past.

JG interjected here, stating that she doesn't believe sugar has anything to do with the bidding process. She shared she felt as though SC was insinuating that Chartwells is doing something wrong. National School Lunch Program would likely need to be involved as well. NG stated she has put similar information for elementary schools in binders in the past that was referenced a few times.

Motion brought forward. No one seconded the motion. Motion did not carry.

6. Other Business / Future Meetings

Next meeting is possibly not until Fall 2024, depending on whether we have a nutritionist hired.

7. Adjourn

MD adjourned the meeting at 5:04pm.