

3/10/2025 S.W.A.C
March 10, 2025 Agenda (notes)
3:45-5:15 PM Via Zoom

Attendees: Jordan Geist, Chris Cushman, Andrew Arki, Cathy Johannessen, Kathy Cleary, Kari MacRae, Jesse Clements

Agenda

I. Compare the new draft language with requirements on the checklist.

Section 1:

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

Section 2:

- Following federal register regarding compliance- Charlotte will share.
- Needs to include statement about breakfast program participation. (not just lunch) **Done**.
- Access to free water during the day including meals. **Done**
- Procedures for monitoring the quality of water available during the school day. **Done**
- Procedures for the implementation of Far to School programming. NOT required.
 - Do our best to... **Done**
- Ensure food staff receive required hours of learning **Done**
- 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 **Done**
- Food Provided not sold- Charlotte will share some samples. need to follow smart snacks and ma standards, whichever is stricter **Done**
- Food and beverages marketed have to meet USDA smart snack standards. **Done**
- Fundraising (food-based) has to follow USDA Smart Snacks Standards during the school day. **Done**

- Food as a reward has to be prohibited **Done**.

Section 4:

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

Section 5: PE

- Outline specific goals related to pe including physical education requirements. **NOT YET**
- K. Clearly shared new framework language **DONE** 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. **DONE**

Section 6:

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

Kathy and Cathy will work on the sections for PE, health and nutrition for next time.

Jordan to reach out to Coach on SEL requirements.

Next meeting Thursday the 27th-3:45

Meeting Notes:

The SWAC meeting focused on reviewing and updating the school wellness policy. Key points included removing food restrictions at after-school events, referencing the National School Lunch Program for free breakfast and lunch, and discussing the marketing of unhealthy snacks to young children. The group debated combining nutrition and health education sections, emphasizing the importance of social-emotional learning (SEL) in the policy. They also discussed physical education requirements, noting that high school students must complete four credits of PE and health, while middle school students have similar but slightly different requirements. The meeting concluded with plans to finalize the policy details and ensure alignment with state standards.

Action Items

- Jordan Geist - Review the policy language around the sale of snacks to younger elementary students and discuss with the principal.
- Combine the nutrition education and physical education/activity sections into a comprehensive health section, and add content related to social-emotional learning.
- Follow up with Charlotte on the requirement to include social-emotional learning in the wellness policy

Reviewing the Agenda and Document Sharing

- Jordan Geist shares the agenda and document, noting the need to split the screen for better visibility.
- The agenda includes comparing the new draft language with the requirements checklist.
- Jordan Geist reviews the checklist, noting completed tasks and areas for discussion.
- The group discusses the removal of certain language related to food restrictions at after-school events.

National School Lunch Program and Policy Updates

- Jordan Geist and Kari MacRae discuss the inclusion of the National School Lunch Program in the policy.
- The group debates the need to update the policy every three years and the implications of changes in the program.
- Jordan Geist and Cathy Johannessen discuss the importance of referencing the National School Lunch Program in the policy.
- The group agrees to leave the reference in the policy for now.

Food Sales and Marketing in Schools

- Kathy Cleary raises concerns about marketing unhealthy snacks to young children.
- Christopher Cushman II explains the small scale of snack sales and the process for purchasing snacks.
- Jordan Geist notes the potential issue and agrees to discuss it further with Liz at the next principals meeting.
- The group discusses the prohibition of using food as a reward during the school day, except in specific plans.

Fundraising and Nutrition Education

- Kari MacRae reviews the fundraising activities and the need to balance information without overwhelming the policy.
- Jordan Geist and Cathy Johannessen discuss combining sections on nutrition education and comprehensive health.
- The group considers the need for a separate section on social-emotional learning (SEL) and the requirements for it in the policy.
- Jordan Geist suggests adding SEL under comprehensive health and using model policies as a guide.

Physical Activity and Staff Wellness

- The group discusses the inclusion of physical activity in the policy, including recess and movement breaks.
- Jordan Geist and Arki clarify the physical education requirements at the high school and middle school levels.
- The group debates the need for specific goals related to physical activity and the inclusion of staff wellness activities.
- Jordan Geist suggests keeping the language simple and focusing on the overall goals of the policy.