



2024-2025 Local Wellness Committee

Meeting Minutes

Wednesday, March 12, 2025, 11:00 a.m. – 12:00 p.m.

Aslin Training Room Conference Room

Members in attendance (in person or via Zoom): Bridget Lolli, Dana Jones, Heather McArthur, Laina Fullum, Jen Maddox, Noel McDonald, David Egan, Kelly George, Kim Goforth, Jeanne Snodgrass, Billy Polansky, Laura Wakefield, Liz Harrison, Jen Maddox,

Vending Machine Update – Contracts now in place for vending machines. High School has a vendor. There is a different vendor for middle school and staff. In the past, vending machines were not regulated. Now snacks must meet Smart Snack Standards and schools have the ability to turn off vending machines.

Call to Order

Old/Unfinished Business

- Committee Member Updates – Noel McDonald new member.
- Survey Results – Bridget sent wellness check in email in January. 62 responses. Suggestions include new gym discounts, and they are working on it. Building level activities. David Wilson added wellness questions to Employee Climate Survey.
- Indoor Recess Carts Grant – Bridget submitted grant to get indoor recess carts. Per the SHI, physical activity is low. Bridget attended Foundation meeting. Foundation is concerned not every school wants this. 5 schools are very interested, and they will pilot it. Bridget is gathering information and will send a supply/equipment list to schools and see how much they would need. Ideas include charades, hula hoop, etc. Suggestion: ask Adventure Club what activities they have. Goal would be to have it by next fall. Alpha Hart, Cedar, West Blvd, Russell, and Ridgeway will pilot the recess carts/kits.
- '25-'26 initiatives
 - School Wellness Recognition Program – Recognition program is a goal for next year.
 - Student/Parent Newsletter - Bridget would like to start a newsletter for parents/students to be sent out 2 times a year.

New Business

- Wellness Policy – Discussed 2 policy issues:

1. Foods sold outside the breakfast and lunch program.

- All foods sold at school during the school day are required to meet nutrition standards (applies to a la carte, school stores, vending machines, and any other venues)
- Group discussed the variety of fundraisers that happen at schools. David Egan shared his experience as an Athletic Director and how he identified the 5 exempt fundraisers at the beginning of the year. Any fundraisers after that he had to shut down. With turnover of positions this requires regular educating on the rules/regulations. Suggestion to create a handout/handbook on the fundraising rules for staff. This could be shared with Athletic Directors and other staff. Bridget will work on handbook and send Smart Snack handouts to everyone.

2. Food NOT Sold in Schools



- Per USDA Final Rule, local school wellness policies include a local jurisdictions' own standards for all foods and beverages provided, but not sold, during the school day. CPS Policy ADF "Smart Snack standards apply to all food and beverages provided, but not sold, to students out
- Group discussed providing education/handouts and encouraging non-food birthday favors, but not mandating what foods is required if not sold. Bridget will work on changing the existing policy. The revision will be sent to the board to be reviewed/approved.
- Building Wide Challenge-The Final Countdown Step Challenge, building with highest number of average steps is the winner. There will be a perpetual plaque to the winning school. Idea to present building winner during Convocation if we have one in August. Suggestions were to make it more inclusive to others. Bridget shared that activities can be converted to steps. Oth
- School Wellness Champions and School Wellness Committee – goals for next school year.

Announcement from Kim Goforth- pre-K – 8th grade health standards are coming.

Next meeting will take place next school year (2025-2026).