



School Wellness Policy Committee Meeting

Thursday, February 20, 2025

4:00 PM - 5:30 PM

**Scullen Leadership Center, Room 190
131 E. Washington St. Appleton, WI 54911**

Chair: Jennifer Bault, Director of STEM (7-12) and Health & Human Performance (K-12)

Present

Hudson Stanonik, Member

Jacque Smedberg, Member

Jennifer Czerwinski, Member

Diane Wittman, Member

Natalee Brzack, Member

Brianna Tetzlaff, Member

Katie Johnson, Member

Kari Sturtevant, Member

Jennifer Bault, Chair

Diane Wittman, Member

Mikki Duran, Member

Mike Maddaloni, Member

Jacqueline Kimball, Member

Patti Garvey, Minutes

Absent

Cortney Dvorachek, Member

**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.*

Folders were given to each committee member. Folder Contents:

- SWPC Meeting Minutes from 12/18/23
- AASD School Wellness Policy 458
- AASD Annual Wellness Report 2023-2024
- School Wellness Policy Implementation Checklist
- Evaluation of School Wellness Policy KWKT 2024-25
- AASD School Wellness Policy Evaluation Tool Checklist

Call to Order

Jennifer Bault (JB) called the meeting to order at 4:02pm.

Introductions / Review of Committee's Role / Guidelines

JB started with Robert's Rules of Orders, went over the outline of the committee, and introductions took place. JB read the committee structure and committee guidelines.

Approval of Draft Minutes from December 18, 2023 Meeting

Motion to approve the 12/18/23 minutes. Everyone was allowed time to read the minutes. Motion to approve the minutes by Diane Wittman (DW) and Jennifer Czerwinski (JC). Mike Maddaloni abstained. $\frac{2}{3}$ approved, so motion approved.

Community Input

There was no community input.

Review of Current Wellness Policy

Mikki Duran (MD) provided a background and history of the committee, and why the committee was established. We increased physical activity to 5 days/week, looked at chronic health issues. Natural Ovens stated that better nutrition meets positive outcomes of healthier students. Noticeable changes occurred. AASD has since written a policy (one of the first in the country). 2000-2003 we noticed obesity rates went way up and were linked to poor academic performance. MD shared

the national trends of obesity rates, that kids that deal with obesity are less productive and unable to give 100%. “Healthier Students are Better Learners.” When students are healthier, grades go up, attendance goes up, dropout rates go down, cognitive skills and attitudes improve. Focused on activity prior to the school day starting, and noticed better attention and mood. MD shared a visual of a healthy brain vs. an unhealthy brain and its functions. Shared more background from the CDC, recommended caffeine consumption (not to exceed 100mg a day). Caffeine consumption is also linked to poor sleep habits, elevated heart rates and concentration.

MD continued with a slide re: Physical Activity vs. Physical Education. Family fun runs, brain breaks, dinner helper, and continued with the rationale and guidelines and why nutrition education is important.

Members reviewed the current policy (School Wellness Policy 458). Mike Maddaloni (MM) had a concern about the wording in the first paragraph: the word ‘ensure.’ MM was concerned that a policy can actually ‘ensure’ that things happen. MD provided some background on why that word fits, and is one of AASD’s pillars.

MM asked who the non-district dietitians are. We do try to get a dietitian outside of the district. We once had a longtime dietitian community member. We are still looking to fill this position (from Prevea). Last dietitian was from an eating disorder facility.

To be reimbursed for meals, AASD must have this school wellness policy. There was a small discussion on reimbursable meals. JC and Jill Granger (JG) explained what goes into a ‘reimbursable meal’ and why we may not get reimbursed (if a student does not take all of the necessary components).

MD mentioned smart snack calculator. Also to be addressed in our policy: physical education, physical activity, best practices, wellness promotion and marketing, establishing a healthy culture, not using food as a reward or punishment, implementation and evaluation of the policy. In 2018, law passed that we needed to have a recording tool for our stakeholders. (Summarization of the items that go into a School Wellness Policy).

Brianna Tetzlaff (BT) questioned Fit in Fifteen. MD: 90 minutes of activity per week (Elementary). Middle School requirements is 220+. HS level: Graduation requirements, 1.5 credits to graduate within 4 years. Explained how Fit in Fifteen doesn’t replace, but enhances, the requirements.

MM asked what a brain break is. MD demonstrated a brain break; how our brains ‘shut off’ or go into ‘sleep mode’ and we can do to reignite our brains. Could also be simply moving, your frontal lobe opened up, endorphins release, minimize sitting. This is happening often so students can maintain concentration in class.

DW commented on policy wording (as brought up by MM earlier). Policies must have certain wording or AASD potentially faces a fiscal fine. If we aren’t following the policy, this committee is responsible for making the policy happen, so wording is important.

MM asked for clarification on nutrient-dense. No mention of ingredients, fresh vs. processed. MM responded that ‘nutrient-dense’ could mean whole grain. Nutrient-dense helps you get to covering nutrient guidelines.

Kari Sturtevant (KS): Processed vs. fresh. Feels that school foods are quite processed; would like to see that change.

DW: *ALL foods and beverages served*... the word ALL is concerning because we cannot guarantee that this doesn’t happen (teacher carry-ins, vending machines...) JC feels we haven’t been able to be compliant. Rather than ‘throw out’ certain wording, we must find out why we are practicing the policy.

MM: Vending machines in schools are a concern. DW thinks all vending machines are individually contracted. MD defined a school day as 12am to 30 minutes past the end of school day.

Hudson Stanonik (HS) questioned whether they could have a vending machine at the Patriot Pro Shop (EHS). Per MD, if it aligns with the policy. Nothing can be sold during breakfast and lunch times.

JB posed the question of whether or not teachers are bringing snacks into the classroom. JS and DW noted that yes, this is happening. Reiterated that the policy must be congruent with what is actually happening.

MD: Policy supports practice. Why are we doing it? This is why we have an implementation checklist. JS: Helpful if the policy is shared out. MD: Questions or clarifications on Part C?

Natalee Brzack (NB): Concerned about the word 'never' adding salt. Some recipes call for small amounts of salt.

HS: What about kids who bring in their lunch? DW said we cannot dictate what students bring in. If they bring in Oreos, we can try to deter them, but cannot legally take away food that someone brought in from home. JS opined that we need to implement something where students are learning to make healthy choices on their own.

KS: Comment from Part C: "Bothered by the sugar content." She added the sugar up from Tuesday lunch, the two meals had 61 grams of added sugars, which is 3 times over the USDA limit.

AFHK Tools is currently being used. SHI (CDC) is what we use. MD suggests we use a 'school health index tool' rather than specify.

Jacquelin Kimball (JK) had a question about the lunchroom climate. "Will provide a safe...environment," and the 20 minutes of lunch offered. The last student in line doesn't get 20 minutes to eat. DW mentioned that this could be a School Services issue. Discussion of kids not getting enough time to eat...KS shared her concerns. Stated that KA only offers 15 minutes of lunch time. MM: In regards to time as it pertains to the time of day; 6th graders eat at 10:30am, seems early. JC mentioned that there are breaks between lunches. MD mentioned that some things are out of our control due to high numbers of students; to encourage healthy snacks before or later in the day. DW stated that those times are DPI minimums and that's why they are in this policy.

Fundraising/Concessions: MM stated he is on the Booster and he doesn't think that the Booster Club knows about this policy. DW stated there can be 1-2 exceptions per year, AASD allows only 2 exceptions per year. Concluded that we get this information out to concessions, etc.

Suggestions and Feedback to Improve the Wellness Policy & Monitoring of the Wellness Policy

Tentative Timeline for Updating Policy

JB would like everyone to peruse the rest of the information and come back in March. BOE will need to be given our changes by May/June to be implemented for the 25-26 school year. In March, we will make decisions to take to the BOE.

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

JB. Review AFHK tools and Implementation Checklist. Schools are already working on their checklist.

Other Business / Future Meetings

MM motioned to re-meet March 18 at 4pm. 2nd ed by Katie Johnson.

Adjourn

Meeting adjourned at 5:32 by Jennifer Bault.