Fraser Public School - Wellness Committee

Meeting Minutes

5/12/21

Attendees: Donna Anderson, Alison Serr. Steve Norgrove, Sam Argiri, Rose Jones, Huston Julian, Linda Corbat, Shannon Schubeck, Kristin Ledford, Audrey Hernden

Next Meeting: Tentative March/April 2022

Discussion:

- Introduction of committee
- Review of past policy and revisions to reflect the shorter guidelines with a focus on Health and safety. New Administrative guidelines require annual meeting to follow the legal requirements that include food, physical education, and promotion for moving forward.
- Triennial Assessment ensures progress is being made on the district's wellness policy and procedures. Summary of the assessment to be made available to the public. Fraser will use the template provided to ensure nutritional promotions and educational goals and physical activity goals.
- COVID 19 Review of Health and Safety protocols in place.

Goals:

- Nutritional promotions and goals include:
    - Nutrition Education shall be integrated into other subject areas of curriculum when appropriate. K-6 to engage in weekly HEART Activities.
    - Nutritional education posters will be displayed in cafeteria.
- Physical activity goals include:
    - Physical activity and movement shall be integrated across curriculum and throughout the school day.
    - Schools shall encourage families to provide physical activity outside the regular school day.
- School-based activities to promote student wellness goals include:
    - The school shall provide attractive and clean environments where the students eat.
    - The use of electronic identification and payment systems to help eliminate stigma of students receiving free/reduced meals.
- Nutritional Guidelines for all food and beverages for sale on the school campus
    - All foods offered shall comply with the USDA Dietary guidelines that are offered through ala carte, classroom snacks, or vending machines.
    - Food service will provide all students affordable access to varied nutritious foods.
- Guidelines for other foods and beverages available on school campus but not sold.
    - School may limit the number of celebrations involving serving of food during the school day.
- Marketing and advertising of only foods and beverages that meet Smart Snacks.

- The school will advertise the availability of competitive foods available to students in the dining area.