

Fraser Public Schools – Wellness Committee

Meeting Minutes

November 7, 2019

Present: Donna Anderson, Allison Serr, Laura Woods, Judy Southard, Denis Metty,
Steven Norgrove, Kristin Ledford

Next meeting: May 6, 2020 - RMS Idea Lab

Discussion:

- Introduction of committee
- Review Wellness Policy: Policy review covers lunches, snacks, concessions & fundraisers to be sure they are compliant- nutritionally speaking
- The “Student Dietary Needs & Accommodations” form that is supplied by food service which requires a signature by the students Physician.
- Possibly purchasing a nutrition software license - “Nutra-Slice” - that would interact with school menus to show calories, carb info, allergens, nutrition, etc.
- Tying in Physical Wellness with Mental Wellness– District wide- combining staff with students.
- PE Teachers plan to meet to brainstorm ideas to have upper classmen pair with elementary students (Spring Goal)
- Human Resource initiatives: To promote more wellness to staff – “Go Red” and “Healthy Blue 365”

Goals:

- Action Steps
- Nutrition
- Physical Wellness combined with Mental Wellness
- Twain Elementary to form a small group of students who will work with Food Service to do surveys & get opinions from other students regarding Fraser’s Food Service.