

WELLNESS COMMITTEE AGENDA

Date: Monday, November 22, 2021

Time: 1:00 PM

Location: Zoom --

<https://us06web.zoom.us/j/89667703729?pwd=TUNsbzVlOHlwMnNMREJYK2J6QUlJdz09>

- I. Welcome and Introductions
- II. Wellness Policy and Wellness Committee
 - i. Why are they required?
 - ii. What is the role of the Committee?
 - iii Other
- III. Review of Current Policy
 - i. Are there specific areas to improve or focus on?
 - ii. What activities are currently being held to support wellness?
 - iii Other
- IV. Open Discussion
- V. Establishing Next Meeting Date & Time
- VI. Adjournment

Committee Members

Barbara Reeves (Board Member), Star Poole (Board Member), Brandon Pardoe (School Principal), Theresa Montgomery (School Principal), Staci Godfrey (Food Service Representative), Patty Webster (Food Service Representative), Olivia Godfrey (Student), Alex Seyler (Parent), Corrina Gnoffo (School Health Professional), Sara Watson (Physical Education Teacher), Stan Cary (Community Member), Wanda Erb (Administrator)

WELLNESS COMMITTEE MINUTES

Date: Monday, November 22, 2021

Time: 1:00 PM

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In Attendance

Brandon Pardoe (School Principal), Staci Godfrey (Food Service Representative/Parent), Patty Webster (Food Service Representative), Olivia Godfrey (Student), Sara Watson (Physical Education Teacher), Stan Cary (Community Member/Parent), Wanda Erb (Administrator)

Absent: Barbara Reeves (Board Member), Star Poole (Board Member), Theresa Montgomery (School Principal), Alex Seyler (Parent), Corrina Gnoffo (School Health Professional)

Welcome and Introductions

Wanda Erb thanked every welcomed everyone and asked everyone introduce themselves.

Wellness Policy and Wellness Committee

The school wellness policy written document that guides a school district's efforts to create supportive school nutrition and physical activity environments. In order to participate in the National School Lunch and Breakfast Program, districts are required to develop and implement a wellness policy. The Healthy, Hunger-Free Kids Act of 2010 added additional requirement regarding public involvement, transparency, implementation and assessment of the wellness policy.

The wellness committee's role is to provide the various stakeholder groups the opportunity to participate in the implementation, review and update of the wellness policy; to communicate the content and implementation of the wellness policy to the public, to ensure that that wellness policy meets all the required components including goals for nutrition promotion and education, physical activity and other school-based activities; ensuring guidelines for food and beverage for sale during the school day are consistent with Federal regulations meeting the school meal nutrition standards and the "Smart Snack" standards, developing plans for public involvement, policy updates, policy leadership, and assessment plans.

Review of Current Policy

Mrs. Erb reviewed the district's current policy that was included with the agenda and asked for input from the group regarding areas that the district should focus or improve upon. No one provided any thoughts on this. She asked the committee to think about this and to let her know so we can discuss at the next meeting.

Patty Webster provided a review of some of the activities that have been or are being held to promote the food service program and overall student wellness. Tables were setup at open houses held this fall to provide the district's participating in the COVID related universal free meal program. She also noted that we have posters and flyers promoting meal participation and encouraging the completion of the free and reduced meal application. Dr. Pardoe and Mrs. Erb both emphasized the importance of families completing the application

even though the meals for 21-22 are free. Mrs. Webster shared activities called “Wellness Wednesday” that occur on a rotation basis in K-6 schools. Some of the recipes that the students have been able to try are Chickpea and Tomato Salad, Orange and Bean Salad. And Black Bean and Corn Salad. Recipes are also shared. Other activities at grade levels 7-12 are Farm to Fork with recipes such as

Creamy Cucumber Salad, Roasted Butternut Squash, and Steamed Wax Beans; and Food Fusion with recipes such as BBQ Pork Mac & Cheese Cone, Beans & Weiner Tacos, and Macaroni Grilled Cheese Sandwich.

Mrs. Watson spoke about the various health & physical education activities. The curriculum begins nutritional education in grades K-3 and provides a multiple of physical education experiences in all grade levels K-12. We also provide opportunities for students before and after school through athletics and other club type activities.

Open Discussion

The Smart Snack calculator was discussed and we will look into adding a link to this resource to our website to start to build as separate location for resources for our Wellness Program.

Establishing Next Meeting Date & Time

Our next meeting will occur in the February/March timeframe with the primary discussion focusing on the required Assessment Tool for the policy review and another meeting in April/May to finalize the results. Dates, times and whether the meetings are in-person or via Zoom will be determined after the first of the year.

Adjournment

The meeting adjourned at 1:25 p.m.