

**Meeting:** Wellness Committee

**Date:** February 1, 2018                      **Time:** 4:00-5:30 PM

**Topics:** Updates and Assigning Committee Work

**Present:** Doug Wordell (Nutrition Services)  
Linda Bushinski (Fitness TOSA)  
Raeann Ducar (WSU Extension)  
Paula Lutsey (Nutrition Services)  
Megan Read (Parent)  
Natalie Tausin (WSU Extension)

**Absent:** Shasta Glotfelty (Fitness & Health)                      Amy Dawley (Hutton Parent)  
Heather Jordan (Madison Principal)                      Laura Martin (Empire Health  
Dempsey Ortega (NC DECA)                                              Foundation)  
Ponrat Pakpreo (Pediatrician)                      John Edmondson (Garfield Parent)  
Janell Buchkoski (RD, Nutrition Educator)                      Pam Tatosky (Purchasing)  
Stephanie Splater (Fitness & Health)                      Greg Lang (Rockwood P.A.)  
Sarah Goodey (Fitness & Health)                      John O'Dell (Chase Principal)  
Brett Hale (Rogers HS VP)                      Becky Doughty (Health Services Dir.)

## Minutes

### Sub Committee Reports:

**RECESS BEFORE LUNCH:** Natalie, Amy Dawley, Raeann

- 14 existing recess before lunch. 13 elementary, 1 MS
- Connected with each school
- Asked how long. How they transitioned. What works, what are the struggles?
- All worked with their leadership committees. Got people on board and had staff present it.
- Schedule is the biggest challenge. Transitions, specialists.
- Share schedules and best practices. Lunch schedule is challenging for most principals. Could we get a computer coder to set up a system?
- Benefits: Calmer coming into classrooms. Better learning environment.
- Cooper, Rona, has a good solution. Has teachers with their students during lunch. Organized playground process. Play ground rules for all ages.
- Ways to get this info in front of principals.
  - Brian and Jennifer Keck
  - Elem principals
  - Shelley Redinger, and Dr. Anderson.
  - Individual emails
  - Group note, Principals note.
  - Grass roots, provide resources.
- ACTION PLAN:
  - Heather at Madison is willing to share. Send out info that she and others could mentor support. Mentor best practice group.
  - Spokane tool... here is what is working. Data on who is doing it.

- School stats, and building layout.
- Set up meeting with Jennifer Keck and Brian via Heather at Madison.
- Schedule tool: Get the list of factors for a building schedule. Could we get this info to a SPS coder, IE Tony Bithell.
- Report out at next meeting March 8.

**FITNESS BRAIN BREAKS:** Linda B. and Greg Lang.

- Survey... how many teachers are using brain breaks in SPS.
- Goal is 60 minutes of physical activity each day.
- Connection between physical activity and learning.
- PD for teachers in the fall.
- Come up with 10-15 activities that all teachers could use.
- Flash Fit grant. Software program that sends out notifications to staff, kids, parents. Grant to get the software. Tracking system too.
- Create a culture of moving.
- Teacher at Logan may be doing brain breaks. Paula will check.
- IDEA: Maybe share activity ideas for indoor recess options.
- ACTION:
  - Bring info on Flash Fit grant. Look at how it can be used and how it could be used on our district computers.
  - Draft 10-15 brain breaks for staff.
- Fitness update: Slow change... New assessments.
  - BMI measure compared to learning outcomes.

**SNACKS AND NON FOOD INCENTIVES:**

- Reviewed meeting notes
- New employee orientation.
- 3 food areas: Parties, Birthdays, Incentives.
- Classroom parties... Wellness value
  - How to message to principals the values. Brian, Jennifer, Shawn Jordan, Adam.
  - Present to principals
- BROCHURE:
  - What do we share:
    - What's best for KIDS... what's best for Learning?
    - Fun, moving, and belonging:
      - Kids love to move. Belonging to a group. All get to participate.
    - Creating a healthy place for kids to grow.
    - Other ways to get kids growing and learning. Feeling good and have fun.
    - Safety for kids. Allergies
    - Brain breaks
    - We don't use food to incent, not best for kids.
  - Building principals Schedule info NOW. ACTION, DOUG email principals
  - How can you create your own celebrations.
  - Rewards/incentives... PBIS what is the rule and the goal.
  - Incentives are the wrong way to teach and motive. Poor learning pattern.
- SUGAR... why sugar and negative physiological.
- ACTIONS:

- Doug email parties and snacks for valentines: What feedback did we get? Share at next meeting.
- Doug, review with Mark Anderson, No district funds spent on food incentives.
  - Ice cream bars.
- Adam meeting, how to get the procedure really being followed. Why is it not being followed? How to we make this a system value.

**Next meeting Date: March 8, 2018 4:00 – 5:30 pm, location to be determined.**  
**May 10, 2018 4:00 – 5:30 pm, location to be determined.**