

Meeting Minutes

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| Meeting: | Nutrition and Fitness Health Advisory Committee (HAC) | |
| Date: | June 1, 2016 | Time: 4:00-5:30 PM |
| Purpose: | Updates, Priorities, Plan for 2016-17 | |
| Topics: | Fitness Update, NS Update, Health Services Update | |
| Present: | Doug Wordell (Nutrition Services) Natalie Tauzin (SRHD) Amy Dawley (Community Member) Gina Nunes (Nutrition Services) Linda Bushinski (Secondary Fitness & Health) Pam Tatosky (Purchasing) Megan Read (Community Member) | |

| ITEM NO. | DISCUSSIONS |
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| 1. | <p>Welcome, Introductions, Review Agenda:</p> <ul style="list-style-type: none"> • Went around the room to get opinions of what would be meaningful dialogue. <ul style="list-style-type: none"> ○ Doug: We need to message and resource to Principals that Recess Before Lunch is doable and help them create some entry points. ○ Natalie: Would like to explore smaller serving sizes for K-2 to increase consumption and decrease waste. ○ Amy: Would like to see a quarterly Wellness Newsletter/Bulletin to parents and schools to communicate best practices amongst schools and promote our successes. ○ Gina: Would like to share more Nutrition Education with parents to coincide with Scratch cooking and what we're doing to promote wellness for their children. ○ Linda: Would like to see more Health Education for all grades (especially in the lower grades). ○ Pam: Does not want to see processed foods in our cafeterias. ○ Megan: Would like to have Nursing staff in every building to teach Health Education. • Site Visit Summary: A handful of HAC team members went out to visit Ferris High, Adams Elementary and Chase Middle to observe the Health & Fitness environment, the lunchrooms and communicate with Principals. These visits are helpful and we should continue to do them. <ul style="list-style-type: none"> ○ Ferris High: Met with Health & Fitness Dept. Lead Linda Bushinski who gave us a tour of the fitness environment. Met with Assistant Principal John O'Dell who is committed to keeping kids in school and engaged. Informed us of the high level of mental health issues and emotionally fragile kids. ○ Adams Elementary: We observed the cafeteria environment that is used for lunch meals and fitness activities. Fitness & Health Specialist Fannie Bush |

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| | <p>shared some of the challenges of having to orchestrate a very tight schedule and the issue of a high noise level. Spoke with Principal Beth Nye and discussed Positive Behavioral Intervention Strategies (PBIS).</p> <ul style="list-style-type: none"> ○ Chase Middle: Met with Fitness & Health Instructor Dave Fuller and observed a fitness class in progress with engaged kids incorporating movement with creative activities. He shared some challenges with physically not having enough space. Met with Principal John Andes who shared the importance of having this age group incorporate movement and stretching into their day. Also shared that the rigor of Core 24 is creating fewer choices for kids due to choosing academic credits over fitness. |
| <p style="text-align: center;">2.</p> | <p>Fitness and Health Program Update:</p> <ul style="list-style-type: none"> • Because of the newly approved State standards for health and physical education, an assessment to receive data from each school has been conducted. • We are experiencing gaps in our fitness program due to time and resources in health education and the number of waivers that are occurring. • ACTION: We plan to do a similar self-assessment next Spring to see if views have changed amongst teachers after doing some training on specific standards. • ACTION: The next step in the assessment process is to assemble results and create a list of needs for each school. • ACTION: Linda B. and Sarah G. will provide a summary of assessment results to Doug by the end of June to include in the Superintendent's report. • We would like better collaboration between schools and within the district. |
| <p style="text-align: center;">3.</p> | <p>Nutrition Services Update:</p> <ul style="list-style-type: none"> • We have added 14 Scratch cooking schools and will have a total of 24. • We did our first training meeting with the new Scratch cooking schools and they seemed to be genuinely excited about serving home-styled, whole foods from local vendors. • Spokane Regional Health District (SRHD) is doing a Waste Study with us to see how we can reduce waste and have our kids take their time and eat. • ACTION: This upcoming year, we are looking to do a huge promotion on reducing waste. This is a very complex issue that includes looking at multiple facets (i.e., Recess Before Lunch, portion sizes, systems, timing, etc.). • We are partnering with SRHD and Washington State University (WSU) to create a Smarter Lunchroom Design, as well as using Positive Persuasion techniques to teach kids to make better choices. • Nutrition Services received a \$195,000 Equipment Grant to purchase better ovens in three of our Scratch kitchens (Arlington, Whitman and Madison). • We are hoping to partner with the new DECA Coordinator to explore Nutrition Education opportunities for Seniors. • ACTION: We continue to work on PBIS to find non-food incentives in our schools. Changing the culture includes messaging, training and providing alternative resources to incentivize (i.e., sitting in teachers chair, computer time, etc.). • The change to a whole wellness environment ties into Behavior Economics and positive persuasion to help motivate our children learn and perform. • ACTION: We are currently working on a step-by-step Nutrition Education Marketing kit to provide to Kitchen Managers to do a fruit and vegetable tasting for all third graders. |

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| 4. | Health Services Update: <ul style="list-style-type: none">• <u>ACTION:</u> Doug will be meeting with Becky Doughty who is working with all nurses to get them connected and on Standard Operating Procedures (SOPs). |
| 5. | Planning for 2016-17: <ul style="list-style-type: none">• <u>ACTION:</u> Doug will draft a report to the Superintendent to message what we're doing and why we're doing it with some key recommendations.• Discussed most significant budget items and priorities for next year. Several priorities were discussed such as having a nurse in every school, professional development for teachers and whole system wellness planning to move forward in a more organized, collaborative way.• <u>ACTION:</u> We will keep all our HAC members posted of our next meeting date for the second or third week of September. |