

March Meeting Notes:

Present: Lori VanArooy, Raeann Ducar, Pam Tatosky, Doug Wordell, Stephanie Splater, Tim Rypien, Aaron Baltzell.

NC Fitness Update, Tim Rypien: In the early 1990's PE was focused on games and competition. It was tailored to those who were already active. In 1998 Mr. Rypien raised funds to set up a fitness center and the district started the first written, taught and tested fitness curriculum. In 2000 the NC program introduced the first heart rate monitors and they were used as a part of tracking fitness for students for about 10 years. Managing the heart rate monitors and straps was a challenge. Now there are fitness watches that monitor the information.

In the last few years the state has adopted new Essential Academic Learning Requirements (EARL's) and the fitness curriculum needs to be updated and aligned with the EARL's. The Fitness center equipment receives a lot of use (from students, athletes, and staff) and is in need of significant updates.

Mr. Rypien also noted that students are struggling with anxiety (social emotional issues) and there is need for support for what students are dealing with. He encouraged greater emotional support for students.

NC One Tribe Update, Aaron Baltzell: Mr. Baltzell shared that North Central staff have worked hard to create a culture of inclusivity. They use PBIS and social emotional learning to address conflicts and discipline focuses on the repairing of relationships.

NC has a Twilight program that helps students who are struggling have success and a connection to their home school. They provide access to food through the schools Second Harvest food bank and have some onsite supports for students. They would love to have a full time mental health liaison to help students access the supports that they need and help keep students in school. Mr. Baltzell noted that students are often not conscious or thinking about nutrition and healthy eating.

Healthy Schools Update, Raeann: The healthy schools work team has focused on communicating out the message of not using food as an incentive. The group has drafted recommendation for updating the district's procedure 6700 that addresses Smart Snacks and food use in schools. The recommendations include making it clear that food should not be used as an incentive and that birthday parties should not include food. The recommendations will be shared with the Associate Superintendent. See the attached recommendations. [Recommendation - Creating Healthy Classrooms/Schools](#)

The group also shared the results of the elementary principal's survey which showed that most schools still use food as an incentive and that food is used in parties and celebrations. The survey results are attached. [Food use in SPS Elementary schools 2019 Principal Survey Doug edited no names\(1-21\)](#)

Recess Before Lunch, Lori: The RBL committee will be sharing the best practice information with elementary principals this fall and continue to share best practices with schools who have RBL.

Nutrition Education, Lori/Doug: The Nutrition education work team has outlined the monthly nutrition education plan and the final schedule will be shared with the Fitness instructors and the Nutrition Services team members. See the attached outline. [Nutrition Education Outline 2019-2020 School year 3-29-19](#)

Superintendent's Report, Raeann/Doug: Raeann and Doug will be drafting a summary of the work completed this school year and any recommendations the Wellness Committee has for the Superintendent's leadership team. If any committee member has suggestions, please send them to Doug.