

**Meeting: Wellness Committee:**

**Meeting Date:** November 4, 2019

**Time:** 4:00-5:30 PM

**Purpose:** Coordinate Action Plan

**Topics:** Wellness committee plan for year  
Project Work, Work Team  
Meeting schedule

**Present:** Doug Wordell (Nutrition Services Director), Raeann Ducar (WSU Extension), Paula Lutsey (Longfellow Kitchen Staff), Lori van Anrooy (WSU Food Sense), Megan Read (Parent), Pam Tatosky (Purchasing), Nicole Gleason (Parent), Stephanie Splater (Fitness and Health Coordinator),

**Absent:** Linda Bushinski (Ferris Fitness & Health Teacher), Heather Holter (Principal Madison Elementary), Becky Doughty (Director of Health Services), John O'Dell (Chase Principal), Bettina Meenach (Bemiss Health & Fitness Teacher), Korah Cobb (Regal Health & Fitness Teacher), Melissa Raymond (Lincoln Heights Health & Fitness),

**AGENDA**

ITEM NO.	DISCUSSIONS	ACTION BY	DATE REQUIRED
1.	<b>Welcome, Introductions, Review</b> <ul style="list-style-type: none"><li>Welcome</li></ul>		
2.	<b>Superintendent Report</b> <ul style="list-style-type: none"><li>Sharing of the Superintendent Report for the 18-19 school year.</li><li>Review Expectations and work for SPS Wellness Committee</li><li>Recommendations for Procedure 6700</li></ul> <p><b>Meeting:</b> Covered the main high lights then walked through each of the subcommittees work:</p> <p><b>Recess before Lunch:</b> Only five elementaries are not participating and many are doing the enhanced version (Cooper Model). 13 schools were Recess before Lunch when we started 2 years ago and last year the number took off. There is a new OSPI rule likely coming out that would require Recess before Lunch for elementary schools in the next year or two. Longfellow has a <b>No junk food coming into school</b> practice Paula shared it is working well. It is new this year and there are set clear expectations with students and staff. Lori will get updated forms and data out. The goal will be to monitor schools and provide support as needed.</p> <p><b>Healthy schools and classroom:</b> The first year a brochure was developed and sent to all staff. Nutrition Services sends out email reminders to staff twice each school year (October and January). Website resources changed and updated, parent piece written and made available to be sent out in the parent newsletter. The results of the Principal survey was shared. The rewards varied and were about a split. Some asking for direction and others asking for flexibility and wanting to keep the status quo. The Procedural edits for 6700 are more direct on the expectations. Doug met with Linda McDermott regarding the 6700 procedure. Planning to present edits for consideration this month. Procedure would be updated in spring for summer/fall implementation.</p> <p><b>Fitness and Health:</b> The elementary curriculum has shored up the expectations. Working on strategies to get them together small groups seem to be working as well as working on the best way to get communication out to everyone. The</p>		

	<p>committee work is used, wide variety of small group training and there is virtual learning opportunities and reviewing standards was a topic. There is new curriculum which is an open sources web site and this site is updated weekly. This new system seems to have rejuvenated the K-12 staff. The way grades are reported on the report cards was updated. Started in small group, then large and then the full group were addressed. Partnering with the WSU Extension and they have loved it. The full High School curriculum is being updated and adopted which begins next week. Currently looking for a resource that continually updates. Middle School health will start a review this month and they have 9 CCLR teachers (food class).</p> <p><b>Nutrition Education:</b> Coordinated and created messages for Nutrition Services, Fitness instructors, and families. Currently using the white board messages, digital signage, Peachjar fliers, Go, Slow, Whoa foods (no good or bad foods), monthly messages are woven through the curriculum. WSU Extension is currently presenting nutrition education classes to 3<sup>rd</sup> and 4<sup>th</sup> graders in 14 SPS schools.</p>		
<p>3.</p>	<p><b>Wellness Sub-Committee</b> Discussion around the following committees, where we ended for the 18-19 school year and goals for the upcoming school year.</p> <ul style="list-style-type: none"> <li>• <b>Healthy Schools</b> (Reanne Ducar and Megan Read)</li> <li>• <b>Recess Before Lunch</b> (Lori van Anrooy and Doug Wordell)</li> <li>• <b>Consistency in Elementary Fitness Programs</b> (Stephanie Splater)</li> <li>• <b>Parent Nutrition Education</b> (Doug Wordell and Lori van Anrooy)</li> </ul> <p><b>Meeting:</b> <b>Healthy Schools:</b> Revise the flier to be more fitting for the older students. Work on getting information out to family more effectively as some families still sending cupcakes for birthdays. Inquired if the district can have a flier printed and the answer is yes. All schools have handbooks and the committee should place the Healthy food environment message on various different outlets. Work on gaining the support from the Principals and staff. Create a clear action plan for implementation of update 6700. <b>Recess Before Lunch:</b> Lori will update the data and email to Doug. <b>Consistency in Elementary Fitness Programs:</b> Weaving the nutrition throughout the curriculum, expand on the community partnerships like the WSU Extension and continue to work on the curriculum and how technology would fit with the goals of the curriculum. <b>Parent Nutrition Education:</b> Continue with what has been started by utilizing the Peachjar. Continue to make sure the messages fully align with the fitness classes.</p>		
<p>4.</p>	<p><b>Work plan priorities for 2019 – 2020 School Year</b></p> <p><b>Meeting:</b> Setting site visits for this upcoming year.</p> <p>Raeann will set up a meeting in December for the Healthy Schools subcommittee.</p>	<p>Doug will work with Brenda to set up site visits; Raeann will work on an outline</p>	
<p>4.</p>	<p><b>Meeting Dates:</b></p> <ul style="list-style-type: none"> <li>• Sub committees can meet if December if needed</li> <li>• Site visits will be set up for January</li> <li>• Next Wellness committee meeting will be set up for the end of January</li> </ul>		