

<b>Meeting:</b>	<b>Wellness Committee</b>		
<b>Date:</b>	November 27, 2018	<b>Time:</b>	4:00-5:30 PM
<b>Purpose:</b>	Coordinate Action Plan		
<b>Topics:</b>	Small Group Reports and Stevens Elementary		
<b>Present:</b>	Doug Wordell (Nutrition Services) Megan Read (Parent) Brenda Cashion (Nutrition Services) Bettina Meenach (Health/Fitness Bemiss) Raeann Ducar (WSU Extension) Korah Cobb (Health/Fitness Regal)	Lori Van Anrooy (WSU Extension) Heather Jordan (Madison Principal) Paula Lutsey (Longfellow Kitchen Staff) John Edmondson (Garfield Parent) Dan Jenkins (Stevens Principal) Adrian Espindola (Stevens AP)	
<b>Absent:</b>	Linda Bushinski (Fitness/Health Ferris) Amy Dawley (Hutton Parent) Becky Doughty (Health Services Dir.) Greg Lang (Rockwood Physician's Assistant) Pam Tatosky (Purchasing) Laura Martin (Empire Health Foundation)	Shasta Glotfelty (Fitness & Health) John O'Dell (Chase Principal) Stephanie Splater (Fitness/Health Coord)	

ITEM NO.	DISCUSSIONS	ACTION BY	DATE REQUIRED
1.	<p><b>Welcome, Introductions, Review Agenda:</b></p> <ul style="list-style-type: none"> <li>Welcome</li> <li>Member introductions</li> </ul> <p><b>Meeting:</b></p> <p>&gt; Introductions and welcome was made. Stevens Elementary School Principal Dan Jenkins and Principal Assistant Adrain Espindola were introduced and shared about what has been happening at Stevens. They shared the Recess before Lunch program had some challenges, what those looked like, kinks and successes to making the change. They were able to increase recess to 30 minutes and 15 minutes for lunch. They are continuing to work through the issues they have encountered such as teacher supervisor training and expectations, some positions were lost due to the schedule change and encountering behavior after lunch is still an issue. However, there is less waste, reduced lunch behavior and increased student activity during recess. They shared information about the Garden club and greenhouse they have on campus. They have seen more participation in the club and the students were able to harvest lettuce for the kitchen to use. Stevens continues to grow this program and looks forward to seeing it increase in the community and students participation. They are looking to add two more beds this year, there are currently three classrooms that have dedicated beds in the garden and in the next year they will be working on composting. Some challenges is the vandalism that has taken place and finding continual community sponsorships to assist with the club. They have been able to add additional activity clubs to their end of the school day and have seen great success as they continue to grow their Soccer club (K-3) which had 100 students participate and finding ways to increase their XC program as well. The school has increased their walking bus stop participation which they credit to the coordinator of the program and the</p>		

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	<p>amazing volunteers that help. There has been an increase in students coming on time due to the coordinator working with the parents to get their students signed up for the program. The question was asked about class parties and not using food as a reward. Dan shared that this is still a work in progress but it has reduced. There was a discussion about the food offered at class parties. Lots of exciting things happening at Stevens Elementary and it was great to hear the successes as well as challenges happening!</p>		
<p>2.</p>	<p><b>Wellness Committee Reports</b></p> <ul style="list-style-type: none"> <li>• <b>Healthy Schools</b></li> <li>• <b>Recess Before Lunch</b></li> <li>• <b>Consistency in Elementary Fitness Programs</b></li> <li>• <b>Parent Nutrition Education</b></li> </ul> <p><b>Meeting:</b></p> <p>&gt; <b>Healthy Schools:</b> (Raeann Ducar, Megan Read, Paula Lutsey and Doug Wordell) Raeann handed out a summary (attached) of the work the committee has worked on and their plan for the coming year. There was a discussion of increasing the listening sessions, identifying champions in buildings to increase the culture of other ways to reward students instead of food and how to have the message go out not just from Nutrition Services but from Teaching/Learning. Heather shared the culture in her building, and that the attention rewards work better for the students in her building (i.e. special books, individual time with an adult etc.). Korah shared that at Regal there was a dance party and outdoor movie that students were rewarded with. Bettina shared some of the PBIS rewards for the students at Bemiss and Paula from Longfellow shared how excited students are on their birthday's to get a special pencil from her. Lots of exciting things happening. Thanks to the hard work from this committee and has lots of room to grow! Great Job!</p> <p>&gt; <b>Recess Before Lunch:</b> (Lori van Anrooy, Raeann Ducar and Doug Wordell) Lori shared that there are some updates needed for the Guide to Recess Before Lunch and FAQ documents that are on the web. She is planning on reaching out to the sites that have expressed interest in going to the model of Recess Before Lunch starting in January. Jefferson is showing interest. Korah shared that there is curriculum for recess. Heather shared some of the challenges that Madison has encountered while moving to this model but also there were some good changes in how this affects students. There is a more natural incentive for students getting their work done in the class so they do not have to stay in and miss some of their recess. Scheduling is an issue and getting the schedules so late makes it difficult when you have teachers that are only in the building for a few hours a week and some unfilled positions in the building. There was a discussion about how students don't know how to play and engage with each other. There was a discussion about media coverage and possibly an article in the paper to peak interest among parents of students in other elementary schools to get more buildings on board.</p> <p>&gt; <b>Consistency in Elementary Fitness Programs:</b> Korah and Bettina shared that new curriculum will be coming next year and aligning both fitness/health with nutrition services to ensure students are getting the same message across the board. There was discussion regarding the hand out (see attached) and how this helps to make fitness/heath across all the buildings more standard. They shared that Nutrition is talked about all year with certain focuses each month. Korah shared that she will look to see what is being served and her students know that she might come "quiz" them during lunch about why they have chosen what they have on their plate. We are continuing to work on making the message in the cafeteria and what is being taught a consistent message. Great job and we look forward to</p>	<p>Doug will provide a Summary Data Sheet once it is updated.</p>	

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	<p>seeing where this committee goes for our students, families and staff.</p> <p><b>Correction: New Elementary Fitness Curriculum will be 2020-2021 school year not next year.</b></p> <p><b>&gt; Parent Nutrition Education:</b> (Lori van Anrooy and Doug Wordell). Lori and Doug have shared where they would like to see this grow and how best to get the messages out to parents. They talked about doing two or three key messages out and aligning what is being done in the building and incorporating parents into the same message. Talked about what is the best way to communicate out to parents, what to do with vegetables and fruit and making sure to keep the message simple. We are looking forward to growing the committee and aligning the same messages across the board.</p>		
<p><b>3.</b></p>	<p><b>Meeting Dates:</b></p> <ul style="list-style-type: none"> <li>• January 15, 2019 – Location to be Determined</li> <li>• Site Visits: January (2<sup>nd</sup> week; Contact Doug if interested in attending)</li> </ul>		