

Meeting:	Wellness Committee		
Date:	October 15, 2018	Time:	4:00-5:30 PM
Purpose:	Coordinate Action Plan		
Topics:	Plan for Year, Project Work, Work Teams and Meeting Schedule		
Present:	Doug Wordell (Nutrition Services) Megan Read (Parent) Stephanie Splater (Fitness/Health Coord) Brenda Cashion (Nutrition Services)	Laura Martin (Empire Health Foundation) Lori Van Anrooy (WSU Extension) Tess Cranston (WSU Intern)	
Absent:	Linda Bushinski (Fitness/Health Ferris) Heather Jordan (Madison Principal) Amy Dawley (Hutton Parent) Becky Doughty (Health Services Dir.) Greg Lang (Rockwood Physician's Assistant) Pam Tatosky (Purchasing)	Shasta Glotfelty (Fitness & Health) Raeann Ducar (WSU Extension) Paula Lutsey (Longfellow Kitchen Staff) John Edmondson (Garfield Parent) John O'Dell (Chase Principal) Bettina Meenach (Health/Fitness Bemiss)	

ITEM NO.	DISCUSSIONS	ACTION BY	DATE REQUIRED
1.	<p>Welcome, Introductions, Review Agenda:</p> <ul style="list-style-type: none"> • Welcome • Member introductions • Fitness and Health Coordinator Introduction • Wellness Policy Compliance Check List • Superintendent's Report <p>Meeting:</p> <p>> Introductions and welcome was made. Stephanie Splater is the new Fitness and Health Coordinator for the district and will be working on updating curriculum for the district. She will be working with the Wellness Committee and Nutrition Services to have students, staff and parents all receiving the same information at the same time. There are a number of challenges around getting all fitness staff together for Professional Development (PD) with the new PD model and Stephanie will be identifying the best way to train and communicate with her team.</p> <p>> Doug spoke about the Policy Compliance and Superintendent's Report. He will report out to the group once he has had a chance to meet with the Superintendent regarding the report. NOTE: Doug met with the Superintendent's Leadership Team (SLT) and shared the good work that has been done by the Healthy Schools work team and the Recess Before Lunch (RBL) work team. The SLT is supportive of the work that the wellness committee is doing and will look to find ways to incorporate our work into the district goals and framework.</p>		
2.	<p>Wellness Committee Work Plans 18-19</p> <ul style="list-style-type: none"> • School Health/Wellness Topic That is important for you? • Healthier School Environment for our Kids and Our Future • Sub-committees: Leads for each group... 		

Health Advisory Committee (HAC) Meeting Minutes

	<ul style="list-style-type: none"> • Sub Committee Work plans... Support needed: Brenda/Doug <p>Meeting:</p> <p>> Megan reported on the Healthy Schools Brochure and the work that the sub- committee did last year. The Healthy Schools brochure has been distributed to administrators, all newly hired staff, and is updated and on the SPS staff web site. Discussed some barriers and challenges to having teachers/school adopt the options of ways to encourage without food/sweets.</p> <p>> Doug reported out on Recess Before Lunch. We currently have 13 schools participating and some are using the Cooper Elementary School model. This school year 5 more schools have started RBL.</p> <p>> A brain storming happened during the meeting to determine what the focus of the group will be this year.</p> <ul style="list-style-type: none"> • Expanding the time for students to Eat • Recess Before Lunch • Elementary Fitness Program Consistent and Coordinated • Parent Nutrition Education and healthy schools <p>>Healthy Schools: Megan will continue working on the Healthy Schools. Paula Lutsey and Raeann will continue on the committee. This year the goal is to have listening sessions with Principals and Teachers to get feedback.</p> <p>> Recess Before Lunch: Raeann will continue to work on RBL, and Lori Van Anrooy will help lead this group. A big question under this topic is "time for students to eat lunch." This group will look to see who RBL can help with this question.</p> <p>> Consistency in Elementary Fitness Programs: Stephanie is working on updating the elementary curriculum for next year with the hope to align messages out to students, staff and parents at the same time.</p> <ul style="list-style-type: none"> • Coordinate Fitness nutrition education with Nutrition Services for 2019-20. <p>> Parent Nutrition Education: Doug and Lori will work on Parent Nutrition Education and coordinate with all sub-committee's to assist with getting the same messages out.</p>		
<p>3.</p>	<p>Meeting Dates:</p> <ul style="list-style-type: none"> • November 27 at Stevens Elementary Library (1717 E Sinto Ave) • Site Visits: January (3rd week?) <p>What site observations: Vending, Fitness, Cafeteria, other?</p> <p>Meeting:</p> <p>Discussed moving the meetings to Tuesday's. Doug and Brenda will work on getting this finalized and out to committee members.</p> <p>If anyone is interested in doing site visits this year, coordinate with Doug and he will help facilitate this.</p> <p>Meetings will be held in schools and the school principal and fitness instructors will be invited to do a short welcome about their school.</p>		