

Wellness Committee Minutes 1/24/17

Members present: Katie Bailey, Sue Lewis, Ryan Dickinson, Serina Modec-Halverson, Jamie Bodette, Nicole Jensen

Members absent: Donika H

Someone other than Ryan appointed to be notetaker

1. Review Local Wellness Policy
2. Review Local Wellness Policy Checklist

Complete Local Wellness Policy Checklist

Policy Document

- Where is the policy kept?
 - Main Office at both buildings - Talk with Justin and Rob
- Update date on policy
 - This could be done by the board along with approval of annual report
 - Put into the policy itself with date date of next review 2018-19

Wellness Committee

- Form wellness committee
 - Meetings quarterly
 - Members: Ryan (admin), Sue (food service), Donika (food service), Jamie Bodette (PE Teacher), Students, Katie Bailey (RN), Nikki Jensen (Board), Parent interest (send email)
 - Incorporate Student Council members to collect ideas and thoughts regarding the policy

Policy Content

- Specific goals (nutrition promotion and education and physical education)
 - Statements need to be reworded to define goals
 - Measurable goals
- Add section on other school-based activities that promote wellness
 - 40 min of PE everyday
 - Wellness Wednesday
 - Second step
 - Girl power
 - Ramp up to readiness
 - Eagles nest
 - Flexible seating for primary academies
 - Fun Wednesdays
 - Extra recess
 - Bully free

- Restorative justice
- Include info on Smart Snacks guidelines and communicate
 - List for teachers and business office
- Clarify what food and beverages are sold to students during the day
 - Students selling to students (candy bars)
 - Dances
 - Valentine Grahams
- Policy needs to address classroom/incentive food and beverage usage
 - Second step program
 - SPED programs
 - PBIS programs
- Get “drink water” sticker for pop machine
- Marketing info needs to be listed in policy
 - Under nutrition standards

Public Updates

- Collect meeting minutes to be kept on file
- Committee meetings documented in annual report
 - Meeting minutes link provided
 - Meeting agenda and notes on file in offices with policy
- Need to conduct Triennial Assessment and make public

Triennial Assessment

- Needs to be done
3. Set meeting date and agenda