

Wellness Policy #721.1 Committee – Meeting Minutes

Monday, March 4, 2019 | 4:00 to 5:30 | DSC – Tech Conference Room

Attendance: Jana Stepka, Kerri Kvasager, Lauren Stordahl, Bridgitt Looney, Kari Schmitz, Chloe Richter, Bobbi Jo Grummons, Julie Nielsen, Jodi Witte, Mary Panek, Mike Johnson

AGENDA	SUMMARY AND FOLLOW-UP
Welcome – Intro’s - Sharing	<p>If you were very intentional about one health/wellness goal to be achieved in 2019, what would it be?</p> <ul style="list-style-type: none"> • Better/ more consistent meal planning • Increase gym time and see progress • Climb another mountain • Continue going to the gym at least 3 times a week • Get back to regular exercise • PR my ½ marathon in October and fuel correctly so I’m not sick afterwards. • Drinking more water! • Learn and execute one new yoga pose – handstand • Exercise at least 4 days a week • Spend more time outside with my daughter.
SHIP Update – Chloe Richter, Washington County Public Health	<p>Funded through Statewide Health Improvement Partnership – for 10 years now. Purpose to create health-friendly policies, systems, and environments that make it easier for us to make healthier choices.</p> <ul style="list-style-type: none"> • Schools are a priority. Focus areas: access to quality physical education, active classrooms, and healthy eating. Other SHIP priorities include tobacco-free living and breastfeeding support. • SWCS 2019 SHIP Plan includes: healthy eating/Nutrition Services video; 3 school’s hydrations stations; 2 active classrooms, and enhanced PE to support new standards (staff development). • \$6,000: Employee Worksite Wellness (also part of SHIP) create spaces to support breastfeeding.
Health Curriculum Review Cycle - Julie Nielsen	<ul style="list-style-type: none"> • Review of the health curriculum will begin fall 2019 – comprehensive review by Teaching & Learning Services • 6-12 will be implemented 2020-21 SY • k-5 to be implemented following year – SY 2021-22
Community BluePrint Video – Bobbi Jo Grummons	<p>Nutrition Services will be working with Community BluePrint, a communications-based organization that specializes in promoting social and behavioral change – in health and wellbeing.</p> <ul style="list-style-type: none"> • Create short video that promotes NS mission, passion, and efforts to serve healthy and fresh foods that kids love. • Create an informative student video to describe meal patterns for a reimbursable lunch.

	<ul style="list-style-type: none"> Update their departments well-worn (old!) branding and create signs and posters that are coordinated, professional, and energizing.
Wellness Policy – Priority List	<ol style="list-style-type: none"> District health curriculum Wellness Committee Policy – general communications Rewarding with candy (tied – with birthday treats) Birthday Treats (tied with candy rewards) Length of lunch time Vending machines Food Prep / Kids in the Kitchen
Discussion: Creating community messaging on policy priorities.	<p>Small group discussion/large group sharing: what do we want to communicate to the public about our priorities to educate, to inform, to advocate, and to mobilize. (break down the priorities into shareable info, did you know that.....statements, facts, etc.). See attached for messaging.</p>
Other Concerns – Discussions	<ul style="list-style-type: none"> Epi-pens are stored in the health office. Distance from lunchroom? Water bottles not allowed in some classrooms.
Exit Activity: Policy Update Recommendations	<p>Mike Johnson, Asst. Superintendent, leads some of the policy review, including Wellness Policy. Our recommendations will help to make changes/updates. Parent reps may be called upon to present to Board. Our concerns/recommendations can also be shared at a principal meeting for problem solving. Wellness policy requires review/updates every 3 years; this is the end of the year 2.</p> <p>QUESTION: What policy update recommendations or concerns does the committee have to share with the school board?</p> <ul style="list-style-type: none"> Recommended Change: more specific language to prohibit birthday treats and candy rewards and incentives for children – directed towards all district staff, including before/after school care Committee action recommended: talk to schools that are already doing this to learn more – and share with other schools. Could create some tips sheets. <p>CONCERN: length of lunchtime. Complex issue, but discussions should take place to make improvements.</p>
Next Wellness Policy Meeting	Monday April 1 from 3:30 to 5:00 – DSC.