

# Wellness Policy #721.1 Committee – Meeting Minutes

Monday, November 4, 2019 | 4:00 to 5:30 | DSC – Board Room

**Attendance:** Emily Firchau, Kerri Kvasager, Esperanza Lee, Bridgitt Looney, Joyce Loveridge, Scott van Overmeiren, Zachary van Overmeiren, Katie Carter, Bobbi Jo Grummons, Julie Nielsen, Jodi Witte, Gary Diamond, Mike Johnson

**Absent:** Sarah Aldrich, Sylvia Dobgima, Mary Panek, Chloe Richter, Kari Schmitz, Jana Stepka, Lauren Stordahl, Claudia Velasco.

AGENDA	SUMMARY AND FOLLOW-UP
Welcome/Introductions	
Wellness Policy – purpose and guidelines	<p><b>Our purpose</b> is to <i>participate in the wellness policy process by working together to</i></p> <ul style="list-style-type: none"> <li>● increase awareness of the policy throughout the school district and community.</li> <li>● assess implementation in our schools and work towards greater implementation and continuous improvement.</li> <li>● to promote student health and wellbeing in our schools and the community.</li> </ul> <p>Wellness Policy #721.1 is found on Nutrition Services website <a href="#">here</a>.</p>
Physical Activity Update 2019-20 Katie Carter (Physical Education)	<ul style="list-style-type: none"> <li>● In 2018-19, focus was on implementing Physical Education standards to align with Mn Department of Ed standards. In 2019-20, the priority focus is on best practices and assessment. There are 168 MDE PE benchmarks to hit. Progress reports are required.</li> <li>● Locally, our physical education program will work collaboratively to create a more seamless bridge between elementary and secondary PE.</li> <li>● Katie’s priority at Crestview Elementary is expanding their children’s opportunities to be active -- including after school - no cost. Check out Crestview’s PE Facebook page with short videos. They also partner with local health/wellness provider to offer fitness/health nights.</li> </ul>
Nutrition Services Update 2019-20 Bobbi Jo Grummons – Asst. Dir.	<ul style="list-style-type: none"> <li>● Watched the newly released Nutrition Services video created last school year with Washington Co SHIP funding. The video will be used to highlight contemporary nutrition in our schools and the work our staff does to go above and beyond federal and state requirements.</li> <li>● Policy focus this year is on managing competitive foods sales (includes fund raisers) in our schools for compliance with district policy and federal/state regulations. Any food or beverage that is sold from midnight until 30 minutes after the school day ends must pass the healthy food calculator. Procedures and guidelines are in place and communicated to school leadership.</li> </ul>

<p>Status - Birthday Celebrations/Food in Classroom – Julie Nielson and Mike Johnson - Asst. Superintendents</p>	<p>Birthday treats are no longer allowed in school classrooms to support student wellness/wellbeing. This was communicated to staff at back to school week with the following rationale: 1) compliance with policy and state/federal regulations; 2) children’s food allergies and safety, and 3) cost to families. Much of the feedback has been positive from staff and schools. Many schools had already implemented on their own. Not everyone is on board with this change; some feel that it takes away too much from students and classrooms and that they can monitor at the school level.</p>
<p>Policy Support -- Communications with Families and the Community</p>	<p>Discussion was held with parents and community members on the most effective ways to communicate and support policies, especially nutrition services.</p> <p><b>Most Effective:</b></p> <ul style="list-style-type: none"> <li>● Include messaging in teacher/classroom newsletter and other teacher communications.</li> <li>● Get on Facebook and other social media sites, including the Cottage Grove parents FB site to respond to frustrations and falsehoods with accurate and positive information, networking with other parents.</li> </ul> <p><b>Least Effective:</b> creating/disseminating written materials – majority felt that this was a waste of time and money as hard copy fliers are not read.</p>
<p>Student Health Discussions</p>	<ul style="list-style-type: none"> <li>● Wasted Food: Bobbi Jo Grummons communicated the regulations that make redirecting uneaten food challenging in our schools, especially food safety and why certain foods must be given to students.</li> <li>● Mental Health: Increasing anxiety seen in our students and schools along with other mental health issues. Related factors: physical activity, outdoor play, nutrition, obesity, childhood trauma, expectations, etc.</li> <li>● Discussed making structural changes to the school day to support healthier kids -- increasing lunch time, more time for physical activity, recess, and play. Tough choices would need to be made as there is only so much time in the school day and there are many competing priorities.</li> </ul>
<p>Observations/Vision/Needs Exercise &amp; Discussion</p>	<p>Small group discussion summary <a href="#">here</a>.</p>
<p>What would you like to learn more about on the Student Wellness Policy Committee?</p>	<ul style="list-style-type: none"> <li>● I’d like to hear more about how Nutrition Services can get the word out about all the amazing things they do and show parents how passionately they do their jobs.</li> <li>● No burning questions, but I loved hearing conversations and changes that we are doing amazing things.</li> <li>● Is the link between processed meat and cancer something that has been discussed within Nutrition Services or in health education?</li> <li>● What can we do to get the high schoolers who don’t do sports to be more active?</li> <li>● Reminders about the regulations for reimbursable meals.</li> <li>● How to create more time for physical activity throughout the school day.</li> <li>● How to offer more vegan food options.</li> </ul>
<p><b>NEXT MEETING</b></p>	<p><b>Monday, February 3, 2020 at the District Service Center – 4:00 to 5:30.</b></p>

