

October 24, 2017

Minutes- Wellness Committee

Welcome and Introductions

- In attendance: attendees will be listed in the sign in sheet.

Virginia thanks the Committee for last year's hard work on coming up with the Wellness Policy, and explains that the goal for this year is to come up with a plan to implement it.

Betsy asks what else is needed to be compliant with the Wellness Committee requirements. Virginia says that the committee has to work with schools to implement the Board approved policy.

Schools have to determine a wellness contact person, who has to be a District employee and will be responsible to implement the policies at the site, pairing up with the support of staff, student or parent organizations.

Possible goals for school sites are suggested in the policy. Goals are to be accomplished over the next 2-3 years.

Virginia will draft an email to School Principals explaining the need to designate a Wellness leader that will set up the goals for the school and the plan to work towards them over the next three years. She will send the draft email to the Committee and with their input; her goal is to send the email out to the principals early next week. She shares the binder that Child Nutrition distributed to each Principal at the beginning of the school year and includes the Wellness Policy. The Policy is also posted in the Child Nutrition website and in each school cafeteria.

It is discussed that each school will have the flexibility to set up their own wellness goals as easy or as detailed as they see fit.

Bill suggest holding a meeting with all the designees from each school to go over expectations and goals. Virginia offers to chair the meeting, possibly to be held next January.

DAC representative would like to share this information at the next meeting, in mid- November. The goal is to send the email to the Principals before that.

Gail suggests recommending the Principals that the local site committees should have 5 to 6 people under one leader contact.

Bill wants to make sure we mention that school goals should promote wellness in the 3 areas mentioned in the policy: Nutrition Promotion, Healthy Lifestyle and physical activity and socio-emotional health.

Virginia mentions the upcoming State Review for the Child Nutrition department and the importance of the sites to comply with the Competitive Sales regulations. She wants to make sure the sites are aware of the nutritional requirements. Betsy asks for clarification onto the definition of competitive foods. Child Nutrition a la Carte sales and vending machines are compliant.

The objective of allowing for vending machines at the High Schools is to alleviate the cafeteria lines. Child Nutrition receives 25% of the sales from the vending machines. Betsy expresses concern about giving access to a more unbalanced diet to students; Virginia reassures her that all the offerings in the vending machine are compliant with the smart snacks requirements and chosen by Child Nutrition.

School Organizations planning events or fundraisers that include food items should get it approved by Virginia before the event. The approval is based on the nutritional assessment. Four events a year are allowed and Child Nutrition can prepare food for them. Betsy asks if the District can work with local restaurants so they can offer products that are compliant with the nutritional requirements, Juan proposes to let the student stores sell what is offered in the vending machines and they can share their profits with child nutrition.

Bill asks if the District has a plan to support families and friends going through stress related to immigration status. Juan states that schools do not have enough bilingual personnel for families to feel comfortable accessing the schools.

Betsy proposes to send out a survey to obtain input on availability to meet on the different Tuesdays of the month, because some members are not available on the 4th Tuesday, Virginia will inquire availability on the 3rd Tuesday in January. The March meeting is already scheduled for the 3rd Tuesday.