

April 30, 2018

Minutes- Wellness Committee

Welcome and Introductions

- In attendance: attendees are listed in the sign in sheet.

Virginia welcomes to the last meeting for this school year and shares that we have all school wellness coordinators in place. Child Nutrition had a State Administrative review; they looked at the Wellness Policy and implementation in detail. The last SAR review had found competitive sales violations, this year we had no findings.

Susan questions about the compliance with nutritional guidelines of the newly introduced Raisels. Virginia reassures her that they are in compliance and they are counted as half a serving of fruit.

The second school sites coordinators meeting will be next week, Virginia invites everyone in the committee to attend and shares the policy assessment tool she sent the coordinators to bring back on the next meeting. All schools sent their goals for the next two years, Bill expresses he would like to see them. Virginia will share them.

There are questions on the assessment tool that are pre-answered, Betsy questions the reason and Virginia explains she filled out the obvious responses to make it easier for the coordinators.

Virginia proposes to invite more people, parents and students to be a part of the Wellness Committee. The policy has to be reviewed every year on the first meeting in the fall, and if revisions are needed, they should be made. .

Virginia will submit the report to the School Board in June, and after that send it to the State.

Betsy asks if schools are allowed to have lunchtime clubs in compliance with the Wellness Policy. Virginia clarifies that schools can have clubs at lunchtime; they just cannot bring outside food that would compete with the lunch program.

Virginia proposes to create a Fast Facts section on the website to clarify main areas of the Wellness Policy, so schools have a better understanding on how it works and how it helps the district. Our goal is to promote a healthy lifestyle.

Starting to plan next year's meeting schedule, there is agreement on Thursday being a day good for everyone. Betsy would probably pass on the duty to another Board member, as her schedule makes hard for her to get to the meetings.

Bill wants to share with the committee a mental health curriculum used in Canada and Washington State, will bring it next year, and he thanks Dr. Connelly for adding more counselors at the Elementary school level. Betsy praises the District's Breakthrough program that keeps expanding.