

Wellness Committee Meeting Minutes

December 13, 2016

- The meeting was held at the LaFayette Educational Center
- Kokeeta Wilder, School Nutrition Director, officiated the meeting
 - Ginger McCann, Lead Manager assisted
- Wellness coaches representing each school attended
 - School nurses, Physical Education coaches, and an Assistant Principal attended
- Ginger gave a brief introduction. She is point of contact for the Wellness Policy
- Ginger provided a powerpoint for all attendees
- Ginger discussed the current status of the Wellness Policy and the changes USDA has made for Current Wellness Policies
- Ginger discussed the main goal and objective of the Wellness Policy
 - Create a healthy school environment
 - Local designation
 - Measuring, Implementation, and public notification
 - Nutrition guidelines
 - Nutrition education
 - Physical activity
 - Other school-based activities
- Ginger discussed the standards in schools
 - Any food sold to students must meet Smart Snack guidelines
- She then discussed the process for exempt fundraising and approved items
 - She asked to allow up to 10 business days to process all requests
 - Schools are allowed 30 exemptions per year
 - The fundraiser cannot be within 30 minutes of serving times
- Ginger then explained what to expect next
 - Wellness coaches should form their own wellness committees within their individual schools to report what they are doing to meet the goals of the Wellness Policy
 - She provided a link for coaches to evaluate their own school
 - Evaluations will be discussed at the next meeting
 - The next meeting will take place in spring of 2017
 - She asked what are the strengths and weaknesses regarding the Wellness Policy
- Introduction of Children's Healthcare of Atlanta (CHOA)
 - Team members Meredith and Ashley from Strong 4 Life opened up the floor for a group discussion
 - The group discussed how CHOA can help support the local Wellness Policy
 - Group discussed more parent engagement and education is needed
 - Teachers allow time in the classroom for students to be active while learning

- The group also discussed certain policies that their school has implemented already
 - For example, McIntosh High School does not allow students to bring lunch from outside vendors. Lunch must be brought from home
- Ashley and Meredith took suggestions on how to assist our schools
 - Suggestions included offer more resources to parents. The group discussed how students learn their eating and exercising habits from their parents
 - The group agreed more support from Strong 4 Life, the better
- Kokeeta Wilder wrapped up the meeting with a thank you and reminder of the next meeting
- Meeting was adjourned