

Wellness Committee Meeting Minutes

May 18, 2017

- The meeting was held at the LaFayette Educational Center
- Ginger McCann, Lead Manager, welcomed all wellness coaches and guests
- Introduction
 - Discussed triennial assessment and progress report
- Discussed goals and objectives
 - Inform the community, leadership, and more
 - Measuring, implementation and public notification
 - Nutrition guidelines
 - Nutrition education
 - Physical activity
 - Other school based activities
- Local School Wellness Policy
 - Administrative Review (AR) results
 - State mentioned the policy is very thorough
 - Contains all required elements according to the Final Rule
- In the Fall, we will evaluate each school and their progress
- There will be a meeting in the fall/winter time of 2017
- Final Rule
 - What is a Wellness Policy?
 - Specific Content
 - Goals
 - Standards and nutrition guidelines for foods sold
 - Marketing policies
 - Wellness leadership
 - Permit participation
 - Triennial assessment requirements
 - Documentation, updates, and public updates
 - Post online the updates
 - Ginger advised that the public must be aware
- Where are we now?
 - Strengths and weaknesses of the policy
 - Ginger asked coaches to fill out their annual progress report
 - Upon discussion, the group felt it was best to fill out the report with their individual principals
 - Concerns discussed
 - Students eating candy for rewards in the classroom
 - Classroom parties
 - Cupcakes, cakes, candy- how can parents have more control over this
 - Discussed the language in the policy and how it is suggested to bring fruit for a classroom party

- Students have a lack of physical education
 - Many students bring doctor's notes to get out of components of PE (such as the mile run)
- Recess is taken away as a punishment when it should not be
- Students are drinking energy drinks and heart rates are too high
 - Nurses want to control how many energy drinks students have
 - Students need physical activity
- School Nutrition Director, Kokeeta Wilder, suggested that we present these concerns in Cabinet
 - Next step will be to edit the policy and present to the Board based on recommendations from the Cabinet
- Annual Progress Report/Wellness Policy Assessment will be due to Ginger by May 25th
 - Ginger is emailing a copy to all Wellness Coaches