

Members Present: Dustin Vincent (Middle School PE Teacher), Jane McMullen (Community Member and Parent), Susan Mueller (Parent Group Representative), Candace Westlund (Licensed School Nurse), Marianne Thole (Food Services Director), Scott Weispfenning Lower School PE Teacher).

Absent: Jay Merrigan (DAPE Instructor), Anna Tiffany (Upper School Teacher), Kelly Gutierrez (CFO), Keven Seim Associate Activities Director)

Reviewed and approved minutes from December 2015 meeting

Team reviewed the Local Wellness Policy Checklist provided by MDE.

It is broken into 5 sections (Policy Document, Wellness Committee, Policy Content, Public Updates, and Triennial Assessment). Committee noted areas that SCPA's current policy may not be meeting regulations as set forth by the USDA. Most were in the area of policy content. The policy contains the stated objectives but committee questioned if policy contained specific goals for each objective listed.

Suggestion: Add to the policy; partnering with Power Up each year.

A previous review indicated SCPA should survey stakeholders (which was done). Marianne will check on the wording to see if we need to do this again this year (it is not listed on the checklist). The committee does need to decide how to more formally measure progress towards goals and a survey may be an option.

Committee reviewed goals set at last meeting.

Discussion on whether goals were met or not. If met examples were given. If not met, members offered ideas on possible action steps to meet goals. (See previous minutes for goals)

Goal 1: Investigate ways to increase Upper School physical activity.

- 1) No specific action was taken, however there has been increased use of open gym and the weight room.
- 2) Discussion on further increasing physical activity ideas included:
 - A. AM Fit Club for elementary (in plan for 2017-18 school year)
 - B. possible zero hour PE elective, open gym/study hall option for US (not currently feasible with numbers and staff)
 - C. having statement on course registration sheet under PE electives "1 credit required, may take more as appropriate" (would need administration approval)

Goal 2: Educate Staff about using food as a reward - Goal Met

- 1) Nurse and Food Services Director presented to staff during Opening Days
- 2) Food Services Director has answered many questions regarding celebrations, rewards, and Smart Snack guidelines

Goal 3: Educate Staff on not focusing on food for celebrations – Goal Met

- 1) Nurse conducted an informal survey of staff and provided alternative ideas
- 2) Power Up newsletter was distributed
- 3) SCPA has participated in Power Up every year it has been available
- 4) Staff has followed the celebration policy the last two years

Assure nutrition is part of Lower School program - Progressing

- 1) LS PE has added some nutrition curriculum that will start this spring, plans include adding more next year

Movement toward decreased sugar offerings at school sponsored events and school fundraisers. – Progressing

- 1) Have made some adjustments (no longer selling candy bars as fundraiser)
- 2) Committee recognizes change can be difficult and is a process
- 3) Committee identified some areas to continue to work on and will further discuss action steps at upcoming meetings
- 4) Futures areas of opportunity:
 - A. Concessions
 - B. School Carnival
 - C. Kindergarten Round-Up
 - D. utilize Power Up supplies for teens and athletic teams
 - E. consider arranging for dietitian to meet with SCPA athletic teams pre-season, (Dietitian who meets with Stillwater athletes)

Prior to next meeting:

- 1) Need to find a couple of student reps
- 2) Committee members will review our current policy and provide suggestions to reword our goals to be clearer:
 - A. **Nutrition Promotion and Education** - Jane and Susan
 - B. **Physical Activity** - PE staff
 - C. **School-based activities that promote student wellness** - Marianne and Candace

Next meeting: Thursday, March 30 at 8:15 AM

Respectfully submitted: Candace Westlund, Licensed School Nurse