



Wellness Committee Minutes

October 11, 2018

Members Present: Dustin Vincent (MS Physical Ed. Teacher), Marianne Thole (Food Service Director), Candace Westlund (Licensed School Nurse), Alec Brandt (LS Physical Ed. Teacher), Anna Tiffany (US Physical Ed. Teacher), Kelly Gutierrez (COO),

Absent: Leslie Chermak (parent representative), OPEN (Student Representative), OPEN (Student Representative), Medora Benson (Parent Group Representative), OPEN (Community Member)

Reviewed and approved minutes from May 24, 2018 meeting

### **Committee Member Update**

Anna Tiffany will check with US students to see if anyone is interested in being on this committee.

This is an open committee, any stakeholder may attend the meetings. Information on the committee and the open positions was put in a couple of Parent Updates which goes to the entire school community. If anyone would like to be an official member of the committee please contact Candace Westlund, Licensed School Nurse at nurse@stcroixprep.org

### **Annual Communication Survey**

Survey did go out but later than originally planned. Committee discussed sending survey out after the new year this school year.

### **Action Plan 2018-19 Update**

Nutrition-Breakfast Program: Marianne has done the background work and trialed breakfast on limited days in 2017-18. Will start full breakfast program in 2018-19. Will continue to expand the menu and create more grab-n-go options.

Physical Activity-Bicycle Program: PE teachers will attend Bike Safety course, develop a bicycle curriculum and rent the bike fleet.

Stress-Brain Prep: Candace will circle back with SPED to see how they are utilizing Susan, if at all. The committee will look in to having an optional class prior to standardized testing in the spring of this school year.

Nutrition-Taste Testing: Continuation of last year's program so students are involved in some menu decisions. Will do twice this school year.

Concessions-Water bottles: School has new hydration stations so will sell SCPA water bottles at concessions to encourage drinking water.

Nutrition-School Celebrations: Better communication to staff regarding the Wellness Policy on celebrations, that all foods should meet the smart snack guidelines. Will add the Smart Snack information to the Employee Resource tab. Will present the information to staff during opening days in August. Provide snack lists to all staff and student clubs. PE will switch from popsicles to watermelon for Field Day.