



Members Present: Marianne Thole (Food Service Director), Candace Westlund (Licensed School Nurse), Anna Tiffany (US Physical Ed. Teacher), Terri Smith (Human Resources Director)

Absent: Leslie Chermak (parent representative), Kelly Guitierrez (Chief Operating Officer), Alec Brandt (LS Physical Ed. Teacher), Dustin Vincent (MS Physical Ed Teacher), Medora Benson (Parent Group Representative)

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OPEN Postions: Student representatives, Community Member

Reviewed and approved minutes from October 11, 2018 meeting

### **Annual Communication Survey**

Has not been sent out. Marianne and Candace will look at it and come up with questions regarding breakfast program.

### **Committee Members**

The Wellness Policy committee is open to any interested stakeholder (teacher, student, staff, parent, community member). We are especially in need of representation from parents, community members and students. If you need more information or want to be a member of the committee please contact any of the current members or Candace Westlund, Licensed School Nurse at nurse@stcroixprep.org

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

Nutrition-Breakfast Program: Going better than expected. Serving about 60 kids a day. Need to do some more marketing. Marianne will ask Chad to add messaging to the monitors and put a blurb in the Parent Update. Marianne and Candace will work on pulling together research that supports the importance of breakfast to share with staff as well as a survey for LS teachers on breakfast in the classroom.

Physical Activity-Bicycle Program: The LS and US PE teachers along with OT assistant attended the bicycle training. They have all of the curriculum. Anna, US PE, will talk with PE Department about next step of renting the bicycle fleet. Terri mentioned the trail being proposed for SHIP grant funds from the county fits nicely with the bicycle curriculum planning. Anna also mentioned looking into making Stagecoach a school zone, she will share the information she got from the training with the committee on the process to make this happen.

Stress-Brain Prep: SPED is not utilizing Susan at this time, they did use some of the skills after her presentation on a professional development day last year. Committee discussed whether this was still an Action Plan item. Suggestion was to think about offering it in August before school starts. Other

suggestion was to either partner with or give this program idea to Parent Group. Candace will check with Kelly about this idea.

Nutrition-Taste Testing: First of two tastings was held this fall. There are from 9-12 LS students that participate. It went well and strawberry applesauce has been added to the menu options. Marianne plans to hold another taste testing in May.

Concessions-Water bottles: Candace will check into how water bottle sales are going and inquire about signs directing them to the hydration stations. Committee suggested we have Jessica make some signs if they don't have any.

Increase water intake-This is a new Action item the committee added from the concessions water bottle discussion. It will be added to the 2018-19 Action Plan. Marianne reports that plastic water bottle sales are up in the cafeteria. Terri mentioned more hydration stations are being added and the committee suggested adding one in the cafeteria. It was brought to the attention of Bill Blotske, Facilities Director, who was in the vicinity of the meeting. There will be a follow-up email sent to the SHIP committee with this suggestion. Candace will check with Kelly about the possibility of selling Prep for Life water bottles at ala carte so they can be used at the hydration stations. Committee will investigate promotion of the hydration stations at events like Open House in August or Kindergarten Round-Up.

Nutrition-School Celebrations: There needs to be better and more consistent messaging, what is acceptable and what is not. Marianne let the group know that the guidelines allow 1-2 exceptions to the Smart Snack guidelines for a school during the year. Committee discussed that treat (Candyland popcorn this year) at marathon would be an exception but it needs to be messaged to the teachers. Committee would like to take discussion to Admin for them to decide how many (1 or 2) exceptions will we have and when/what those will be. Committee suggested Marathon then either holiday time or end of school year. Marianne will get details on this exception guideline.

Marianne and Candace will work on educating staff. Candace will connect with PD day planners about time in fall (briefly in August but maybe 30 minutes in October). Messaging about celebrations should include information on nutrition guidelines followed for breakfast (some question serving cinnamon rolls and doughnuts), the 1-2 school exceptions allowed and smart snack guidelines. Messaging to occur in August, especially to new teachers, fall at a PD day, holiday time, start of 2<sup>nd</sup> semester and before year end. For LS Marianne and Candace will work on a one page laminated sheet teachers can put in their binders for reference.

Discussion about PE serving watermelon instead of popsicles on field day. Concern is who is cutting it up, who will serve it and who will do clean-up. Committee suggests other fruit options for that day. Anna will bring concerns and suggested options to PE department.

#### Action Items:

- Find where last year's annual survey lives (Candace)
- Update survey if needed and add questions about breakfast (Marianne and Candace)
- Get messaging on monitors about breakfast (Marianne)

- Blurb about breakfast with link to menu in Parent Update (Marianne)
- Research about importance of breakfast and survey to LS teachers (Marianne and Candace)
- Bike fleet rental (Anna)
- School Zone information share (Anna)
- Brain prep and Parent Group (Candace, Kelly)
- Water bottle sales – in concessions, at ala carte (Candace)
- Hydration station signs for when concessions is open (Unassigned)
- Hydration station in cafeteria email (Candace)
- Promotion of hydration stations, water bottles at school-wide events (Unassigned)
- Exceptions to smart snack guidelines details (Marianne)
- Schedule staff presentation on Wellness Policy details, especially nutrition guidelines, celebrations, smart snack guidelines and school-wide exceptions (Candace)
- One page laminated resource on Wellness policy and food at school for LS teachers (Marianne, Candace)
- Field Day treat follow-up (Anna)