

# Wellness Meeting

## September 12, 2018

### **I. Welcome and introductions**

Tish Woodruff, Jamie York, Alissa Craig, Jessica Riechers, Mackenzie Chism, Joyce Gastler, Tammy Angel, Jeff Scroggins, Cheryl Mack, Lee Ann Meador

### **II. Wellness policy discussion and possible removal of items**

Page 7 of Wellness policy section G Active Transport - Mrs Mack will present to board to have wording adding indicating that Community R-VI Location prohibits activities suggested

We will complete triennial assessment by end of 18-19 school year

### **III. Preparing for triannual review \* items will need to complete\***

Lee Ann will speak with Principals and counselors requesting items that will show compliance with wellness policies, this may include things like PE and recess schedules, and how health is incorporated in to learning time

### **IV. Positive Activities / Promotions happening this school year**

Football, basketball, softball, baseball, track, Cross country, are sports being offered. Nutrition Nuggets and the Focus on the Family produced by the Arthur Community Health Center will be sent home when issues become available

### **V. Future Agenda topics/ topics brought up**

\*We will continue to evaluate Wellness Plan

\*We will have building supervisors go over the section F on page 4 concerning fundraising during school hours

\* One Community program will start for employees with school offered health insurance on october 1st

### **VI. Adjournment**

Next Wellness meeting held November 14, 2018 at 1pm in cafeteria

2018 November 14<sup>th</sup>, Wellness Meeting

Minutes

Those attending

April Steffen  
Elizabeth Phillips  
Chris Jung  
Dewey Fennewald  
Tish Woodruff  
Carey Thomas  
Tammy Angel

Review of policy in preparation for Tri annual review-

We will speak with Mrs. Mack about removing Section G Active Transport, where it wants students to walk and bike to school which is not feasible in our area

Lee Ann will use the Alliance for a healthier generation review, and input data she knows the answers to and print out areas she will need help with and give to Mr. Curtis and Mrs. Angel to give proper answers when necessary.

When the tri annual review is completed the results will be posted on school website and the information that it has been completed will be placed in communicator.

The principals will discuss with the teachers about send curriculum to Mrs. Meador that pertains to health examples reading labels, learning about food pyramid

## 2019 Wellness Meeting Minutes January

Those in Attendance

Lee Ann Meador  
Tammy Angel  
Mackenzie Chism  
Kristi Brooks  
Cheryl Mack

- **Go over and complete Tri-annual review for Elementary and Middle/High school**

Both Elementary and Middle School High School results from the "Alliance for a Healthier Generation" Assessments for Schools wellness program was used by LeeAnn to complete the Tri-annual review process. As a group we reviewed and discussed areas that showed up as lower than full compliance.

Some areas covered included PE length currently our students go 1 day a week for 56minutes, and also have daily recesses which does not count towards physical education minutes. It will be looked into to see if adding 4 minutes to PE is doable with the class schedules.

Many of the areas that were not with total compliance were interpreted differently with a larger group reviewing so adjustments were made

- **Discuss how best to make information available to public**

It was discussed and the Tri- annual reviews will be made available to the public by public notice posted on school website by Ms. Carter stating to contact Lee Ann Meador or the main office if they would like to see the results of the Tri-Annual review. It will also be ran in the Communicator in stating to contact Lee Ann or the office .

- **Discuss ways to get more involvement for Wellness committee**

The committee will continue to post in the Communicator an invitation to join the Wellness Committee with the Months and days meeting will take place. This insures that all of our community is informed. It will also continue to run on the school website.

- **Next meetings will be 2nd Wednesday of March**

The next meeting will be held on the 2<sup>nd</sup> Wednesday of March which will be March 13<sup>th</sup>, 2019

We will discuss changes be made to the Obama initiative

The Tri-Annual Wellness review was completed in January 2019 and is available for your review , by contacting the main office

March 27th, 2019

## Wellness Meeting Minutes

Those in attendance:

Jessica Riechers

Victoria Swaim

Sara B

Melanie Utterback

Grace Matich - student

Meya Steffen - Student

Madison Williams- Student

Ava Garnett - student

Mackenzie Chism

Jessie Mommens

Whitney Keith - OPAA Food services

Tammy Angel

Lee Ann Meador

Mrs. Utterback voiced concerns over the profits she was losing to al a carte items since kids can charge to lunch accounts but not to her vending machine

Mrs. Keith enlightened us as a whole on many aspects of the kitchen and how some of the reimbursements work.

We discussed the possibility of starting a NAC committee here next school year. N.A.C. stands for Nutrition Advisory Council where 20 students from k-12 would participate in learning about the Food

Pyramid/my plate through food activities with OPAA, all students at the meeting were excited to get the opportunity to be involved. Mrs. Keith gave an example of students building pizzas and learning the different categories the items on a pizza might fall into.

Mrs. Keith and Nurse Meador will work together to offer a FOOD TASTING STATION whenever time and product permits. Mrs. Meador will either mand a rolling cart and offer samples or have a table and encourage kids to try new or improved items.

Mrs. Keith will seek approval to offer in the next school year slushie &/or cookie birthday parties.

This will be an opportunity for parents to pre-pay for a birthday party and have it delivered to the classroom at a designated time. This would be an awesome opportunity to keep parties in compliance with the calorie guidelines. Just so all are aware the slushies are all 100% fruit juice and count as a serving of fruit. The students also requested a larger variety of flavors in the slushie machines future, which Mrs. Keith said that would be doable.

Other items discussed were a flavor station that would consist of items like pepper for the students to jazz up some of the blander foods. And the possibility to have some items like for instance a cheeseburger to have the option of no cheese or cheese on the side.

OPAA would be happy to help order / make foods for and club or group at their cost for product, this could save a considerable amount of time.

OPAA would also be willing to help plan special meal/ theme days if they are given a little over a months notice so the dietician can work them into the menu calorie planning.

A discussion for a possible breakfast cart for middle school and high school ,and also a possible once a week omelet bar for the older students is also under consideration.

OPAA is trying new arrangements of fresh food items that seems to be working well, but please remind students to only take what they will eat.