

## **Wellness Committee Meeting – Trenton R-IX School District – February 8<sup>th</sup>, 2017 (12:30-1:30)**

### **Members:**

Kris Ockenfels – Director of Supportive Services	Daniel Gott – Middle School Principal
Ruth Blackburn – Head Cook	Tyann Cox – Elementary Nurse
Margaret Mollenhour – HS Teacher (Nutrition)	Dave Sager – Elementary Physical Ed.
Christy Tolson – District Parent	

### **MINUTES**

Mr. Ockenfels introduced the committee members and thanked them for their attendance. He also went through the format of the meeting, and the agenda.

Mr. Ockenfels told the committee the basic components of the upcoming DESE food review, including the dates – February 22<sup>nd</sup> and 23<sup>rd</sup>, and the building – Rissler Elementary.

Mrs. Blackburn discussed the kitchen's responsibility in following the federal and state guidelines for serving breakfast and lunch, and that TR9 follows each guideline for food preparation and serving. This includes the basic food group requirements for each tray, vegetable and fruit rotations, calorie and sodium totals, and menu creation. She also briefly discussed the vending machines role (before/after school), a la carte, salad bar, and ice cream. It was noted only HS has a la carte available, while MS and HS have salad bar and ice cream.

Mrs. Cox explained the protocol for working with peanut allergies at Rissler Elementary, including the teachers and cooks role in preventing allergy attacks. She also told the committee about the MU extension office, and their role in providing a guest speaker for each grade to discuss nutrition, allergies, diet, and general health. Mrs. Mollenhour described her HS nutrition class, and the HS cooking class, and noted these classes were electives and averaged about 20 students per semester. She also said the HS has a required health class that covers diet and nutrition. Mr. Gott told the committee the MS health class structure, and it was described as each grade level (5-8) receiving health classes each year, along with FACS classes in grades (6-8) getting information to students about diet and healthy lifestyles.

Mr. Sager told the committee about the Elementary Physical Education classes (K-4) and the emphasis on physical activity and getting the kids excited about movement and healthy lifestyles. Many different activities are used beyond just the basic sports. He also let the committee know that each grade has recess each day, and that the teachers and administrators create that schedule. Mr. Gott added that 5<sup>th</sup> grade also gets a recess at the MS. Mr. Ockenfels noted that the HS offers weight training and conditioning as electives.

Mr. Ockenfels elaborated on the many extra programs that TR9 provides for students, including 5K runs, blood drives, faculty screenings, summer weights and conditioning, and Jump-4-Your-Heart.

Mrs. Tolson said she feels as a parent, that the district is doing a good job with health and wellness, and added that she can see an improvement over the past few years in the teaching and training of HS students in the P.E. and Weight Training classes concerning sports injuries.

Mr. Ockenfels closed the meeting by thanking those in attendance.