



HCS WELLNESS COMMITTEE MEETING

MINUTES 11.14.22



Bridget Ashton	Present
Nate Schneckenberger/Alex Akers	
Natalie Pfluke	Present
Marybeth Tonkery	Present
Amiee Levesque	Present
Randy Yale	
Sarah Mikhaylov	
Rachel Sherman	
Ian Buckley	
Penny Hensler	Present
Lisa Barefoot	Present
Student rep	None identified after requests sent out in October newsletters and ParentSquare communications
Parent Rep	None identified after requests sent out in October newsletters and ParentSquare communications
Lorri Campbell	Present

** Need to get coverage for Randy and Sarah so that they can attend the next meeting.*

Topics Covered:

- Completed a review of the BOE Policy by determining levels of compliance in each area of the policy.
- Next Meeting - February 13:
 - From the review, a Needs Assessment will be created and ideas generated on how to address areas targeted.

Top areas for growth based on the assessment of the District Wellness Policy:	Suggestions for ACTION to address these deficits:
Having lunch follow the recess period to better support learning and healthy eating.	
District food service staff will meet with students in grades 4 through 12 twice annually to solicit feedback on the school breakfast and/or school lunch program(s).	
School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this wellness policy by promoting the sale of healthy food items (fresh fruit and produce) and/or non-food items, such as water bottles, plants, etc., and by promoting events involving physical activity.	
Promoting healthy food and beverage choices for all students by using Smarter Lunchroom techniques which guide students toward healthful choices, as well as by ensuring that 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.	
Promoting nutrition education activities that involve parents, students, and the community.	
Encouraging and promoting wellness through social media, newsletters, and an annual family wellness event.	
Providing families and teachers with a list of healthy party ideas, including non-food celebration ideas.	
Providing families with a list of classroom snacks and beverages that meet USDA Smart Snacks in School nutrition standards.	
Discouraging staff from using food as a reward or withholding food as punishment under any circumstance – teachers and other appropriate school staff will be provided with a list of alternative ways to reward students.	
Encouraging District staff to model healthy eating, drinking, and physical activity behaviors for students.	

<p>The District supports active transport to and from school, i.e. walking or biking. The District will encourage this behavior by:</p> <ol style="list-style-type: none"> 1. Securing storage facilities for bicycles and equipment 2. Instructing students on walking and bicycling safety 3. Promoting use of protective wear, such as helmets 	
<p>When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.</p>	