



HCS WELLNESS COMMITTEE MEETING

Minutes 2.13.23



1. Reviewed results from the Policy Review from the last meeting (11.14.22)
2. Suggestions or feedback were made for the Top 12 in the table below
3. Next scheduled meeting (5.15.23)

Present: Ian Buckley, Sarah Mikhaylov, Randy Yale, Alex Akers, Penny Hensler, Lisa Barefoot, Lorri Campbell

Top areas for growth based on the assessment of the District Wellness Policy:	Suggestions or Feedback for ACTION to address these deficits:
Having lunch follow the recess period to better support learning and healthy eating.	Group concerned about the ability to make available for 100% of students. SOME classrooms and PE classes DO have physical activities scheduled in the morning before lunch. Would it be possible to alter this goal in the Policy? FINAL BOE Policy reads: The District is committed to encouraging physical activity through the following: a) Classroom Physical Activity Breaks (Elementary and Secondary) All classroom teachers, and particularly those engaged in the instruction of K through 5 students, are strongly encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity. b) Recess (Elementary) All elementary students will be offered one daily period of recess for a minimum of 20 minutes. This requirement will not apply on days where students arrive late, leave early, or are otherwise on campus for less than a full day. Outdoor recess will be offered when weather permits. In the event that indoor recess is necessary, it will be offered in a place that accommodates moderate to vigorous physical activity.
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).	Amiee did a survey with a group of students this fall when they rolled out new menu items. Will push out a Google Form this spring Future plan will be to send a survey out in the Fall and Winter so that feedback can be used - shared via Parent Square and Monthly District Newsletters

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.	Ask that this wording be included in the Activity/Fundraiser/Field Trip Form (Jenna) and also to include a section in the Staff Handbook that is housed on the landing page (Bridget/Jen) Provide all groups selling food with a USDA Smart Snacks in School Pamphlet
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.	Vending Machine options include candy and chips? See the above notes regarding the distribution of pamphlets
Promoting nutrition education activities that involve parents, students, and the community.	Welcome Back Bash Offer The Good Life Challenge to the community Meatless Mondays and TShirts
Encouraging and promoting wellness through social media, newsletters, and an annual family wellness event.	Amiee Levesque has been providing healthy recipes in the District Monthly newsletters. Plan to add a "Wellness" component to the Welcome Back Bash Bulldog Bites - Amiee will be coordinating with CORAL program to prepare and deliver a healthy fruit snack that students may not have tried before (dragon fruit, star, kiwi, papaya) September we will re-create an event from a few years ago where all grade levels meet in the district entrance to sample an apple together (Amiee can order enough for all!) The Lift Project - offer to the community?
Providing families and teachers with a list of healthy party ideas, including non-food celebration ideas.	The Parent list can be housed on the Wellness website and also provided to families in the materials sent home at the beginning of the school year. Natalie Pfluke could add this information to a monthly newsletter. The PTA and Teacher list could be added to the Blue Folder at the beginning of the school year and also to the Landing Page Healthy Party & Non-food Celebration Ideas Ideas for PTA's and Teachers -- Non-food Rewards Lorri added these resources to the Wellness webpage
Providing families with a list of classroom snacks and beverages that meet USDA Smart Snacks in School nutrition standards.	Added links to the Wellness website Amiee will continue to include in District Electronic Newsletter each month
Discouraging staff from using food as a reward or	Develop a resource to make available to teachers

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.	and parents that provides Healthy Party & Non-food Celebration Ideas On a Super Conference Day or in Faculty Meetings, teachers could brainstorm lists to get their buy-in
Encouraging District staff to model healthy eating, drinking, and physical activity behaviors for students.	Invite staff to participate in a “Catch Me Doing Healthy Things” challenge over the summer and then submit photos Create a Bulletin Board that students can see at the beginning of the school year
The District supports active transport to and from school, i.e. walking or biking. The District will encourage this behavior by: 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	The group feels like this doesn’t fit with our Safety Plan? Bike Rodeo scheduled for Mar 20, 2023
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.	Look for Virtual opportunities so teachers don’t miss out on being in the classrooms. Kinesthetic learning opportunities

NOTES:

- Some group members were interested in the possibility of bringing back Wellness Days for both Staff and Students. The last we had was combined with Bloomfield a few years ago.
- Wellness Bingo Challenges - earn points for completing things - would there be a way to have families participate? Turn in for a prize48444?