

**MINUTES OF VIRTUAL WELLNESS COMMITTEE MEETING  
WEDNESDAY, MARCH 17, 2021  
11:00 A.M. to 11:45 P.M.  
VIA ZOOM**

**ATTENDANCE**

Amy Creighan, Leslie Hunzeker, Sandra Kozera, Margaret Labritz, Amy Patsilevas, Deanna Philpott, Lindsay Radzvin, Jennifer Siegle, Michelle Spingola, Allison Tobik, Jackie Wichelmann

Minutes are taken by Margaret Labritz

**WELLNESS POLICY ASSESSMENT**

We will look at the completed assessment and see if we want to make any changes to our policy. If so, the changes to the policy will be presented to the Board.

**Definitions:**

Fully in Place means there is nothing to work on in the next 3 years.

Partially in Place does not mean that we have to jump on a topic right away. We can pick what we want to work on and we have three years to work on goals.

**Nutrition Education**

School Food Service and nutrition education classes working together – we can work on our partnership to improve in this area.

Amy Patsilevas (curriculum leader) could meet with leaders of other departments to see if they are doing what they need to do in order to help meet the goals of nutrition education. Are there areas in curriculum teaching students about nutrition education? This does go hand in hand with science. However, we may not be able to do this with every subject.

**Nutrition Promotion**

We hope to improve on Farm to School promotion in the next couple of years .

A related goal to work towards is Introducing different foods to the students in the future such as local fruits and vegetables. Students can learn about agriculture and learn where their food comes from. We can expand on the Harvest of the Month taste testing in the cafeterias using local farms. We can start small and keep working on this. This can also be added to students' educational experience by being age specific for younger students and helping to teach them about what food does for their bodies, what nutrients and vitamins are in food and why these things are important. We can let families know what we are doing and what we are encouraging.

### **Staff Wellness**

This is currently being worked on with Dr. Williams. There will be a survey coming out to staff inquiring as to what do people want and what do they want to expand on - we are role models.

### **Physical Activity**

We need to communicate to families about using school facilities such as playgrounds, ballfields, etc. outside of school hours along with school rules. Perhaps we can post this information on the website. It may be a good idea to have weatherproof posters at the facilities indicating a phone number for people to call and report issues to such as locked restrooms; overflowing trash cans, etc.

Physical activity breaks do occur in elementary schools; however, there are no physical activity breaks in Middle School or High School.

Biking and walking to school are partially in place. Do families know they can do this? Are there bike racks at all buildings?

### **Physical Education**

No changes are needed. The Physical Education department is up to speed.

### **Other School-Based Wellness Activities**

Free drinking water for students, however, water fountains are closed due to Covid. There are water filling stations in the buildings, however not all students want to bring water bottles to school.

Some schools have the students keep their water bottles in their locker due to Covid reasons and the fact that the water bottles sometimes spill onto the Ipads. Plastic water bottles are noisy and cause distractions to other students.

Some schools encourage and have set aside certain times for students to stretch and get a drink of water right outside of the classroom in the hallway.

Another area we can improve upon is to provide the nutritional content of school meals to the community. Perhaps we could put this online with the understanding that this is subject to change when there are new menu items or a different brand of an item is being used.

A goal to work towards in elementary schools would be to have Grab & Go breakfast alternative options.

### **Nutritional Guidelines for All Foods and Beverages at School**

We can do a full review of our a la carte program and what is available to sell to students.

### **Wellness Policy Assessment**

Three of the Wellness Committee members will finalize the Wellness Policy Assessment, share it with the Committee and also make it available to the public on the Wellness Page of the website and then present it to the Board.

The meeting was adjourned at approximately 11:45 a.m.