

Wellness Committee Meeting Minutes:

The Rugby Public School District Wellness Committee held an annual meeting on Tuesday, April 11, 2017 at 3:30pm in the Rugby High School Board Room.

Stakeholder committee members present were Mike McNeff, Jared Blikre, Jason Gullickson, Heidi Backstrom, Peggy Harmel, Jeff Stewart, Julie Sjol, Gloria Grove, Denise Myhre, Becky Paul, and Travis Risovi.

Handouts: Rugby Public School District Wellness Policy with evaluation form and USDA Local School Wellness Policy Implementation Summary of the Final Rule

Agenda Item 1. Updates

A brief discussion was held on the Final Rule Updates specifically on Public Involvement and transparency, and how the policy and assessments are made available to the public. It was decided to involve public health professionals like dietitians in the area to meet our nutrition education and promotion goals. Also, the School Wellness Policy and meeting minutes will be made public on our school website and provided to the school board.

Agenda Item 2: Evaluate current wellness program and activities

Together the committee completed the Wellness Policy Evaluation Form to assess our basic compliance and progress.

Nutrition Education Goals:

1. Students in grades K-12 receive nutrition education that teaches the skills necessary to adopt healthy eating habits?

Currently, Pre-School and Grades 7-12 receive nutritional education in a required health curriculum. However, the Grades K-6 curriculum does not include nutritional education (ex. Choose My Plate.gov). This year Grades K-6 students did receive a monthly take home handout called "Nutrition Nuggets". This handout shows parents and students how to improve their nutrition and fitness.

2. Students receive consistent nutrition messages throughout the school?
Our school does promote healthy nutrition with posters, staff wellness sheets, bulletin boards in the cafeteria as well as in the classroom.

3. District health education curriculum standards and guidelines include both nutrition and physical education?

Grades 7-12 do meet this standard. Grades K-6 may be adding curriculum in the upcoming year in physical education.

Physical Fitness Goals:

1. Students are given the opportunity for physical activity during the school day in addition to physical education classes (i.e. daily recess, classroom activities, etc.)

Grades K-6 meet this goal with recess and activities. Also, with the most recent successful change of recess before lunch, students don't need to rush through eating to get to play time. Grades 7-12 could have more opportunity to meet this goal during the school day.

2. Students are given the opportunity for physical activity through a range of before and /or after school programs?

All Grades at our district meet this fitness goal with extracurricular activities such as cross country, wrestling, basketball at the elementary level and much more at the Jr/Sr. high level. Additionally, Ely now has a grass playground area and new playground equipment.

Nutrition Goals:

1. USDA guidelines set for food and beverages in the food service program are being followed:

This has been challenging since the Healthy, Hungry-free Kids Act of 2010 has been implemented. Our School Nutrition staff has worked to meet these nutrition standards with the help of our vendors, School Nutrition Association, USDA, DPI partners and the support of our School Administration. What the new nutrition standards did not do is remove popular foods like pizzas from schools completely, but we should offer healthier options using different ingredients like whole-wheat for crust or low-fat mozzarella. Therefore, we are currently offering more whole grains, fruits and vegetables than ever before and only low-fat milk products while decreasing sodium and fat. In fact, another sodium requirement is effective July 2017. Hopefully with the help of our vendors and manufacturers creating "tasty" lower sodium products this can be accomplished. Additionally, we are offering the Fresh Fruit and Vegetable Program through a grant at the Elementary level. This program provides a fruit or vegetable snack to all students free of charge 2 days a week.

2. Guidelines set for food and beverages sold to students outside of the food service program are being followed:

We have made progress in this area with "smart snack" requirements in our vending machines. Another option would be a refrigerated vending machine that would offer not only "smart snack" compliant items but offer fresh nutrient dense choices.

Other School Based Activities promoting School Wellness:

1. The school provides a clean and safe school environment?

The committee agreed that we provide a clean and safe school environment.

2. Students have access to free drinking water throughout the school day?

Grades 7-12 students have access to water in the cafeteria at lunch and near the gym and classrooms with the new “bottle filling” water fountains. The Elementary School will have two new water fountains installed this summer. There was also discussion on the possibility of a new water fountain in the cafeteria.

3. The school district encourages all students to participate in the school breakfast and lunch program?

Our district does promote Breakfast and Lunch at our school. We plan a special menu, decorate and advertise during national breakfast and lunch weeks. This is a work in progress and there is always more to be done to spread the word that healthy and tasty options are being served in our cafeteria daily. Our breakfast numbers have the potential to improve. At Ely, Gloria and her staff will experiment with “Grab and Go” breakfast to catch those late comers plus start serving 5 minutes earlier for the early arrivers.

4. The school district protects the identity of students who eat free and reduced price meals?

Our current electronic system called “Power lunch” does not disclose the meal status of the students at any time during meal time. The Business office works proactively to help parents sign up for free and reduced meals and remains confidential.

5. The school district ensures adequate time for students to eat lunch?

At the elementary level with lunch after recess our students have adequate time to eat. Grades 7-12 would say they need more time to leave the building to eat but it is sufficient when they stay here and eat in the cafeteria.

Agenda item 3: Create a goal or two to focus on next school year.

Goal 1: Provide Nutrition Education for Grade K-6 students as to encourage healthy eating habits and physical activity.

Mr. Risovi and Mrs. Backstrom will incorporate nutrition education with the support of Mr. Gullickson and nutritional professionals in the community.

Goal 2: Increase Breakfast attendance. Ely Food service will experiment with “grab and Go breakfast and start serving 5 minutes earlier. Rugby Jr. Sr. High will also look into grab and go with a cart or kiosk by the front entrance. We will apply for an equipment grant from Midwest Dairy to purchase the needed equipment.

Each year, we will complete the wellness policy assessment to determine compliance and progress made in attaining our goals and document accordingly.

The next meeting was not scheduled.

No further business: Meeting ended at 4:20pm

