

Wellness Committee Meeting Minutes:

The Rugby Public School District Wellness Committee held an annual meeting on Thursday, April 19, 2018 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:

- Prior Year (April 11, 2017) Wellness Committee Meeting Minutes
- Description Code ABCC (Rugby Public School District Wellness Policy)
- Rugby Public Schools Wellness Policy Annual Evaluation Forms
- RHS Breakfast Meal Count Comparison Graph
- Nutrition “I Can” Statements for all Grades

Agenda Item 1: Review ABCC Wellness Policy

Dr. McNeff summarized our current Wellness Policy by the goals and guidelines.

Agenda Item 2: Updates on 2017-2018 goals

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

Mr. Rizovi, Elementary School Counselor summarized the implementation of nutrition education as part of life skills for Grades k-6. Detailed as follows: Kindergarten – Sesame Street Healthy Eating Lesson, Grade 1 – Sid the Science Kid Food Pyramid, Grade 2-4 - Food Pyramid Power point, Grade 5-6 -“my plate lesson” presented by Sam Wentz, County Health Nurse.

Mrs. Backstrom, Physical Education Teacher handed out a Nutrition “I can” Statement Sheet for all grades. She summarized her activities and how she correlates nutrition and physical activity together.

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 in to grab and go with a cart or kiosk by the front entrance.

Gloria Grove, Head Cook addressed grab & go at the Elementary School. They now have prepared grab & go bags for students who are late, hungry or missed out on the traditional breakfast. The students can take the bagged reimbursable breakfast to class and eat.

Peggy Harmel shared the success of the new breakfast cart at the JR./SR. High School. We were awarded a grant sponsored by Midwest Dairy and NFL Fuel Up to Play 60 to purchase a breakfast cart. By implementing Grab & Go, we have increased the number of breakfast meals served substantially (supported by the graph sheet) and are happy with the positive impact on our student’s readiness to learn.

Agenda Item 3: Evaluate current wellness program and activities

Collectively 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. Grades K-6 received nutritional education in Life Skills and PE.

2. Students receive consistent nutrition messages throughout the school?
Our school does promote healthy nutrition with posters, bulletin boards in the cafeteria as well as in the classroom. However, we will continue to look for improvement in this area at the Elementary level.

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

Grades k-12 do meet this standard.

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 before lunch and activities. With recess before lunch students don't need to rush through eating to get to play time. Grades 7-12 are not as active and need more opportunity to meet this goal during the school day. It was suggested to add another semester of PE, walking Wednesday activity, or walking/lunges during mentorship challenge, encourage students with pedometers along with education about lifetime activities.

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:

We continue to work at meeting the USDA guidelines. Our fruits and Vegetables are great. We will focus this year on more quality entrée items. Our School Nutrition staff continue to work with the vendors, School Nutrition Association, USDA, NDDPI and administration to improve the quality of our program.

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. We are working on meeting the guidelines for the Bottles in the vending machine. They are too large for the middle school students. We may have to turn them off during the day which defeats the purpose or just remove the bottles all together. More Review of our beverage vending machines for compliance to follow.

Other School Based Activities promoting School Wellness:

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

The committee agreed that we generally provide a clean and safe school environment but the locker rooms need deep cleaning and upkeep. This will be addressed and some improvements to the benches are being made in the future.

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 received two new bottle fillers water fountains last year. Discussion was held on a new bottle filler water fountain in the Ely Gym and possibly in the High School weight room.

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 have made progress with our program. We plan a special menu, decorate and advertise during national breakfast and lunch weeks. We want to offer a comfortable cafeteria where students feel welcome and are encouraged to eat healthy meals.

4. The school district protects the identity of students who eat free and reduced price meals? Absolutely, no identification of students is acceptable. 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 4: Create a goal or two to focus on next school year.

Goals:

- New bottle filler water fountain in Ely gym (other #2)
- New bottle filler water fountain in Weight room (other #2)
- Increase Nutritional signage at Ely (Nutrition Education Goals #2)
- Increase education re: Life time activities Grades 7-12 (physical Fitness Goals #1)
- Increase physical activity during school day Grades 7-12 (physical Fitness Goal #1)
- Review Jr./Sr. High school vending machine for compliance (Nutrition Goal #2 Drinks)
- Clean Jr./Sr. High locker rooms and encourage upkeep (other #1)

Each year, we will complete the wellness policy assessment to determine compliance and progress made in attaining our goals and document accordingly. The School Wellness Policy and meeting minutes will be made public on our school website and provided to the school board.

The next meeting was not scheduled.

No further business: Meeting ended at 4:20pm

