

Wellness Committee Minutes

12/19/2018

Attendance: Leanne Molnar, Courtney Roberts, Johnny Roberts, Kathy Coleman, Eric Briggs, Craig Coleman

Unable to attend: Mike Wells, Maureen Martz, Theresa Stimson

OLD BUSINESS:

Report on Back pack program –

- An update will be provided from Ms. Martz at next meeting

Nutrition group wellness –

- We have a student food group as part of the unified sports committee. Students are adding thoughts and asking questions about the school lunches. They are also meeting with Leanne Molnar with concerns and questions.
- The audit with the food group went very well. We are in compliance after the second round of observations between the two buildings.
- A question had been brought up in junior high as to why we serve Kick start at the school lunches if we are anti energy drink and anti-drug. The answer is that the Kick start are not energy drinks and do not even have mountain dew in them, although they are marketed to appear that way. It is actually juice.

Updates on wellness activities in each building –

- Still doing brain brakes in the elementary

NEW BUSINESS:

Wellness Policy Assessment Tool for the National School Lunch Program –

We have filled out the forms necessary to turn in the assessment tool for the high school National Lunch Program

We will fill out the elementary one when we meet in February.

Wellness Policy Regulations - The administration receives Policy regulations on wellness and does not make this public, but works to make sure that the regulations are met through the wellness program.

Mr. Briggs handed out some packets for us to study to help make changes to. They include:

The current policy on food services

Updated policy on food services

Current school wellness policy

Updated school wellness policy

And the administrative regulations

High School Student representative needed for Wellness Committee – Any suggestions?

*****Next Meeting February 27th 3:30 in High School room #105*****

- **Backpack program**
- **From our farms to your arms**
- **Fill out Elementary National School Lunch Assessment Tool**
- **Update administrative regulations**