

School Wellness Policy Revision
4/4/17

Attending: Susan Strouf, Lori Bowman, Steve Parkman, Carly Schnacky, Paula Kodesh, Jenny Jensen, Trisha Neuser, Callie Hackel, Pat Blackaller

There have been a number of previous meeting to look at revisions to the School Wellness Policy

Folders were provided to committee members. Included were:

- Results from a google survey conducted earlier. There were 49 responses in total. This survey went out to all stakeholders in the district.
- Nutrition Standards
- Sample Wellness Policy from the DPI website as well as an assessment tool for the policy.

Tonight we will determine the process moving forward. It is important that we have a large variety of stakeholders involved in this process. Our format tonight is to work to develop this process.

Sue Strouf gave some background on the current policy. Legislation established in 2004 set requirements for wellness in schools. Childhood obesity is an epidemic. In 2010- Healthy Hunger-free Kids Act established. Those requirements were discussed with the group.

June 30, 2017- our district is required to be in full compliance with current legislation. Trisha Neuser states that we are not in a bad position. We have a good policy in place. There are a few things that we need to implement in addition to current policies.

Processes discussed:

1. Small committee developed to draft policy and rules including required items and determine items to bring back to group.
2. Two smaller committees (Nutrition and physical activity)
3. DPI policy builder (on the website)

What are we missing in current policy? Nothing in current policy talks about who is in charge and how we have accountability. Committee needs to be established with a variety of stakeholders involved. (Parents, students, administrators, teachers and community members)

Paula Kodesh explained that in the policy there are policies and then rules accompany those. Policy cannot be changed without committee meeting.

Sue explained that this committee is required to determine the goals. We need to write goals into the policy. Those goals are very general statements. We already have a good base.

Steve Parkman asked if there was a need/desire to change the current goals. Paula Kodesh stated that we need to add a goal for promotion of the policy.

Example of rule we are required to follow in order to receive federal funding: low-fat or skim milk is a requirement.

There was discussion about “smart snacks” (snacks sold outside the school lunch program) vs. snacks that students are able to bring in for things such as birthdays etc...though there are some rules. What we set as a policy will determine what students are able to bring for those times that smart snacks don't apply.

There was discussion about whether concessions during games are included in committee policy making.

The current policy uses somewhat vague language. The use of the word “encouraged” should be looked at. At first we need to educate and examine who is responsible for enforcing the policies. The current policy is difficult to enforce.

First step is to update the policy. That way we can support staff in following the wellness policy and make them aware of the policies.

Paula states that many people don't understand that Food Services is required to follow the law.

Lori Bowman states that it might be difficult to divide into smaller groups given that a few of the members don't have the same background knowledge.

Sue Strouf suggested perhaps a group would work on a framework or draft and then bring it back to the group for approval.

Trisha Neuser states that as parents of students in the district, both Lori and Steve have important perspectives.

Wording from the USDA is very specific but that is not feasible for a parent bringing in snacks or treats. So it is our job to put that into language parents will be comfortable with.

These policies are about what promotion and modeling for our students and offering healthy snacks alongside other choices.

The big piece in our curriculum that Paula feels is missing is ongoing education. Barb Sparish is our Curriculum Director so we really need to have her at the table to see how we can implement it into everyday curriculum.

Jenny Jensen explained that health education is covered in elementary but it is divided up by a number of different teachers and it isn't clear as to who is responsible for teaching those different items.

There was discussion about also teaching students about moderation. Not teaching that foods are evil. Just that we need to try to teach moderation. Students need to see us as real people as well.

At the High school students are drinking less soda perhaps but drinking more high calorie coffee drinks.

These are all excellent reasons why we need to educate so they need to make good food decisions.

Adults here at school should be modeling good healthy eating habits so that students understand that it is important to make healthy choices.

Question was raised whether we should make this a professional expectation.

Paula Kodesh read the current policy regarding staff.

One thing that Paula will fight for is to eliminate giving students food for good behavior.

Trisha Neuser feels that we need to have only food that is labeled and students should not bring homemade food. We have had 4 situations this year where students had allergic reactions to food brought in without labels. We tried to have this passed as a policy last time and it was not. There are many allergies that increase in severity with each exposure. The concern with homemade treats are difficult to monitor, they don't have labels so we cannot know what is in them. As a result, we have students who suffer.

Paula suggested that we divide into two smaller groups and then bring them back together to have thoughtful discussion.

Nutrition Committee: Trisha Neuser, Callie Hackel and Karla Arrigoni Sue Strouf will meet April 19 at 5pm Warrior Conference Room

Physical Activity Committee: Paula Kodesh, Jen Jensen, Carly Schnacky Steve Parkman April 19 Carly's Office Middle School

Next full committee meeting will be May 2 at 5:30pm. Sue will check on the availability of the High School Library.