

Wellness Committee Meeting 1/9/2018

Objective – Annual review of current policy implemented in the Fall of 2017 to be posted on the BHS website.

Wellness Committee and Policy Leadership

Committee Role and Membership and Policy Leadership(Checked if in attendance)

X Marianne Romsek – Food Service Director BHS/ nutrition representative

X Angie Konzen – EHMS Associate Principal/ PE and health representative

X Rob Dureka – WHMS Principal/ Administrative representative

X Carrie Schabel – PTO representative WHMS/health and nutrition coach

X Mihaela Cobb – EHMS representative

X Erin Watson – EHMS PTO representative/HS representative

X JJ Stempien – Lone Pine representative/ health coach

Others invited as support

X Tina Kostuik – Assistant superintendent of finance and operations

X David Palmer – Aramark regional district manager

Nutrition

Nutrition Education

- Secondary students – education through health classes in their schools
- Elementary students – education once a year from teacher, food service department or volunteer/community member
- All schools have Aramark “healthy for life” nutrition packets available in displays in the cafeterias or in the main office.
- The packets can be used as a tool by parents, teachers or food service employees to teach healthy eating habits.
- MyPlate – posted in all schools

Nutrition Promotion

- All cafés have health-related posters and fliers changed out monthly.
- The elementary menus have a descriptive page added for further information on menu items being served as well as allergens.
- The website has a SchoolDish link to ingredients and allergens for menu items.
- Taste testing is conducted in the HS’s

- There is a concern about having taste testing in some of the elementary schools and middle schools for the younger grades (starting as young as 4th grade) due to possible allergens in the samples.
 - o *Both MS administrative representatives (Rob and Angie) agree.*
 - o *Checking on possible food products from Cherry Republic per JJ and Carrie's request*

Standards and Nutrition Guidelines for all Foods and Beverages

- Food service follows all USDA standards for school meals
- All schools now have fresh fruit and veggie bars
- Smart snack nutrition requirements are followed
- Fundraisers are monitored
 - o *Mihaela requesting rules are stricter and for entire district*
 - o *Allergy concerns and Health issues were discussed*
 - o *Note will go out to administrators of each building*
- Person in charge of each building is principal of building
- Non-compliant fundraisers which are allowed must be reviewed and logged by the school principal and cannot compete with school meals
- All food made or brought must comply with building allergen issues and health department regulations.
- Non-food rewards are encouraged as special "treats" for classroom parties or incentive rewards.
- Vending machines in school areas offer only compliant snacks while school is in session

Food and Beverage Marketing

- All vending machines have water advertising or "healthy snack" logos
- All merchandising and menus brought in by Aramark is based on healthy eating habits

PE and Health

Physical Activity and Physical Education

- o *Angie discussed changing the recess time for the elementary level students in the middle schools. They did this at EHMS and found that the students were not getting stomach aches (from eating then running out to play) as often and were taking their time eating as well as eating more nutritious meals*

Other School-based Activities that Promote Student Wellness

- o *Rob discussed "safety moments" with students and has conducted a water safety training*
- o *Had discussion of mental health wellness and the need for education*

Implementation, Assessment, Documentation, and Updates

Implementation – Fall 2017

Triennial Assessment – Next by Fall 2020

Documentation – Kept on file in Food Service office

Updates to the Policy – As needed/At least every 3 years

Public Updates – On food service page. Will include meeting agenda and notes.