

Wellness Committee Mtg 2/27/18

Center of Clayton Conf Room B 4:10 p.m.-5:30 p.m.

Attendees:

Maddie Bale
Kashina Bell
Christina Blankenship
Sarah Centeno
Matt Chaney
Barb Daves
Caren Etling
Robin Fultz
Celeste Gillette
Mary Jo Gruber
Dan Gutchewsky
Stefanie Litteken
Kim Maas
Jen Martin
Marissa Pendegraft
Debbie Reilly
Lori Rice
Amy Rubin
Milton Stokes

Those Invited but not in attendance:

Dena Bashiti
Julie Connor
Susan Craig
Stacy Felps
Angela Flotken
Tina Murtha
Mina Nasha
Toni Siering
Curtis Sittenfield
Doug Verby
Kelly Weygandt

Introductions:

Mary Jo Gruber introduced herself and introduced Dr. Kashina Bell, as the new co-chairperson replacing Dr. Greg Batenhorst who resigned from the District. She then welcomed our three new committee members; two students from the high school, Maddie Bale and Sarah Centeno, and our Board representative, Amy Rubin. Mary Jo then welcomed everyone to introduce themselves as well as provided time for public comment which there was none.

Approval of minutes from the last meeting:

Minutes from 5/18/17 were discussed for approval. It was suggested by Ms. Christina Blankenship in an email to Mary Jo that the 5/18/17 minutes be amended to add the following:

Ms. Christina Blankenship (Meramec), along with two parents from Captain and Ms. Caren Etling raised a concern that the PTOs are not always following the District's food allergy policy. She mentioned an issue that is important to note is that 5th Grade celebration activities are being moved off District property in order to avoid having to follow the District's Food Allergy Policy. According to Ms. Blankenship, the PTO uses school letterhead, uses school raised funds, and school email and backpack to distribute this information and have these activities which are supposed to be inclusive. Ms. Blankenship continued to state that she was told that the child should just not come because of the risk of exposure. It is her opinion that this clearly goes against District's policy of remove the allergen, not the child, as well as inclusive practices. Furthermore, it sends a bad message to all students when they see parent perpetuating this.

The amended minutes were approved.

Student Wellness:

School District Food Service Update:

Kim Maas: Chartwells' Food Service Director distributed hand outs which are attached to these minutes. Kim then announced Jair Bush, the CHS kitchen manager, has been accepted into the 2018 Missouri Culinary Skills Institute and has taken on a new role as a Chef where her main role will be catering events, performing taste tests with students and other culinary projects to increase student participation.

Taste testing is very popular with the students and will be expanded.

Caren Etling interjected about the tasting contest amongst eight participating schools. Kirkwood won with the highest amount of fruits and vegetable tastings.

Chartwells snacks are Smart Snack compliant. Requirements were reviewed. Anything sold must be Smart Snack compliant.

Wellness Policy ADF:

The third section under Nutrition Guidelines Section was discussed as there has been much conversation about this new revision among District parents and staff. Mary Jo reminded committee members that this committee's role is to make a recommendation to the Board, but the Board has the final decision as to how the policy will read.

Celeste Gillette presented research of what other school districts are doing and questioned if we are permitted to make possibly 5 exceptions each school year.

Mary Jo Gruber stated:

- Chartwells can provide food that meets the guidelines. They currently do this for a couple of the schools.
- Amazon partnered with Alliance for Healthier Generation to provide options for smart snacks that meet the guidelines.
- School nurses review the food brought in for celebrations against the Smart Snack guidelines; however, 2 weeks' notice is required to review foods that will presented for consumption in school.

Caren Etling pointed out that sometimes it takes more than 2 weeks to determine if certain snacks are allergy acceptable.

A question was asked as far as sending snacks for their own kids but some didn't feel this was inclusive enough.

Marissa Pendegraft pointed out that there was a lot of data collected that had already been reviewed and wondered if it was necessary for the committee to "reinvent the wheel".

Milton Stokes asked if the schools use Chartwells snacks that are already approved.

The primary objections to using Chartwells for snacks was that they are too expensive. Kim Maas, of Chartwells, advised how pricing is set. Since the food service program is operated through a grant from the Federal Government with the State of Missouri acting as the pass through agent, the State performs audits of the program. Last year, the state audited the program and directed that snack pricing should be raised due to overhead and labor. It was then suggested that fund raising be used to purchase snacks for parties.

It was discussed for clarification, if food brought from home by the students could be shared. It was pointed out that this is allowable if not paid for or provided by the teacher or school.

The specific sentence within the policy is stated as follows:

"The nutrition guidelines outlined in this section do not apply to food or beverages brought from home by students for consumption solely by the student or food or beverages created or used by students as part of the district's instructional program."

The conversation was then taken to allergies by Christine Blankenship who thought it was a policy that allergens are not to be in any classroom, and policies should be made to protect vulnerable children for whom peanuts are "like loaded guns". Dan Gutchewsky said the allergy policy does not prohibit nuts in classrooms at the high school because the allergy policy is a graduated policy unlike the Wellness Policy in regards to Smart Snacks. However, they both agreed that if anyone is aware there is a student in the class who has an allergy, the allergen should be removed, not the student.

It was pointed out that Clayton High School has an open campus – kids take responsibility for the food they eat.

Possible Subcommittees:

It was recommended to create a subcommittee to research the potential of a graduated policy specifically addressing students at the high school. Members present who represented the elementary school and middle school did not see the need to change the policy at these levels.

The following individuals volunteered: Dan Gutchewsky, Celeste Gillette, Sarah Centeno, Stefanie Litteken, Amy Rubin, Maddie Bales and Marissa Pendegraft. The proposed graduated policy will be brought forward and presented at the next Wellness Committee meeting on 4/11/18.

Jen Martin talked about the new policy RM Captain adopted:

- No Food of any kind in classrooms
- No Food at parties

Jen further explained that she has not had much kick back from anyone regarding the restrictions, except for 5th grade students. However Jen said they seem to understand the reasoning

due to the hazards some students face as well as other reasons that were communicated to them. It is a mind shift and it is going well. Education and the right messaging are working. Maddie added that by the time students get to high school, everyone is used to it. Sarah stated that kids are very aware.

If Teachers bring in snacks they must be Smart Snacks and Allergy approved.

It was suggested by Milton Stokes that parties are too robust and believe the elimination of food would be a relief for the teachers who are trying to fit everything in.

Caren Etling has had 2 allergy exposures after school but it was fortunate that she was still there; pointing out that this can happen anytime.

Mary Jo Gruber concluded by asking about the Alliance for a Healthier Generation website and the District's ongoing participation in this program to establish goals for the committee. Currently this is a District wide assessment but if building level assessments were performed the parents and students could be invited to view the pages and goals. The committee recommended moving forward with subcommittee groups by building that would include a parent rep from the committee for each building who would then report back to the committee.

Community Wellness:

Lori Rice from the Center of Clayton stated upcoming activities for students and staff.

Bunny Hop in March

Open-House Event at the Center of Clayton on April 8, 2-5 p.m. free programs/camps, open pool, carnival games.

Kids Triathlon – Committee asked if possible to add an adult component with the City partnering with the community. Also is a 5K in Shaw Park possible?

Mary Jo requested a written inventory of all events that benefit the students provided by the Center of Clayton and she will work with Communications to create an inventory of District events.

Staff Wellness:

The District is currently working on converting to a new software for health insurance benefit enrollment for District staff. The goal is to provide better information to employees regarding their health plan options and benefits. Future goal would be to add a wellness component through the new software. Mary Jo is continuing to research the feasibility to partner with a Clayton business who currently operates a wellness clinic. Having a local partner who can make wellness visits easy and affordable can drive the incentive to know your numbers and thus keep a closer watch on your health, which usually catches health problems in the beginning, lowering health care costs.

Close of the meeting:

Mary Jo thanked all who participated in the meeting and reminded them the next meeting would be held on April 11, 2018 at the Center of Clayton Room C. The meeting ended at 5:35 p.m.

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