

Wellness Committee Mtg. 4/11/18

Center of Clayton Conf Room C - 4:10 p.m.

Attendees:

Dena Bashiti
Kashina Bell
Christina Blankenship
Barb Daves
Caren Etling
Angela Flotken
Robin Fultz
Rachel Gasawski
Celeste Gillette
Mary Jo Gruber
Dan Gutchewsky
Jamie Jordan
Stefanie Litteken
Kim Maas
Jen Martin
Tina Murtha
Mina Nasha
Marissa Pendegraft
Lily Raymond
Debbie Reilly
Lori Rice
Amy Rubin
Aimee Snelling
Kelly Weygandt

Those Invited but not in attendance:

Maddie Bale
Sarah Centeno
Matt Chaney
Julie Connor
Susan Craig
Stacy Felps
Toni Siering
Curtis Sittenfield
Doug Verby
Milton Stokes

Introductions:

Mary Jo Gruber introduced herself and introduced Dr. Kashina Bell, the Wellness Committee co-chairperson, and welcomed everyone. Mary Jo then invited each person to introduce themselves and provided the opportunity for public comment.

Public comment:

Kim Maas announced this would be her last meeting as she was moving to another School District.

Angela Flotken voiced her concern about the toxicity of playing fields and playground surfaces.

Marissa Pendegraft explained a letter from a parent of a child with severe allergies who asked that the letter be distributed to the Wellness Committee members.

Community Wellness:

Documents were provided with the following information:

- District Sponsored Wellness Activities –
 - Activities in the Schools for the students
 - Activities sponsored by the District for the staff
- Center of Clayton 2018 activities and events offered for youth and families in the community.
- City of Clayton 2018 Special Events offered to the entire community

These documents will be posted on the School District website and linked to related websites with additional information where possible.

Lori Rice from the Center of Clayton followed up on adding an adult component to the youth triathlon. An individual adult component would need to be held as a separate event due to space constraints. Committee members felt there were several adult running events already held in Clayton. Tina Murtha talked about promoting two adult 5Ks this year on the streets of Clayton on November 4 and another on September 23. Robin Fultz will work with Dan (marketing director) at the Center of Clayton to promote these runs through District communication channels.

Student Wellness

Kim Maas, Director of Food Service – Has enjoyed working in Clayton. Our new Director Stephanie Robbins will be starting 4/12/18.

Food Service will be sending out Menu Surveys for parents to complete and another for students to complete. Surveys were given to all at the meeting. Feedback on meal offerings and taste as well as any comments are welcome.

Approval of minutes from the 2/27/18 meeting:

Minutes from 2/27/18 were discussed for approval. Celeste recommend a revision to the following section:

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.

The amended minutes were approved.

Smart Snacks & Policy ADF - Wellness

Mary Jo presented a document that summarized changes to the policy and related administrative procedure. The changes were based on discussions with the two subcommittee that were formed to

discuss smart snack concerns at elementary and secondary levels. What was presented had been reviewed by MSBA's policy attorneys.

Everyone took a few minutes to review the proposed changes to the Procedures.
It was noted that a school day is from midnight to 30 minutes after the school day ends.

The only change to the Policy ADF is the added phrase "unless an exemption applies" after the sentence requiring Smart Snack standards to apply to all food and beverages provided, but not sold, to students outside the reimbursable school meals program during the school day.

The majority of the changes were to the Administrative Procedure related to Policy ADF.

The addition of the following exemptions which were proposed by the subcommittees were then discussed by the committee:

Food and beverages provided to students during the school day by parents, students, student-initiated groups, or PTO's are allowed the following exemptions which differ based on school grades.

1. Exemptions will be limited to no more than five times per year in grades K-5 and must be approved in advance and documented by the principal.
2. Exemptions will be unlimited in grades 6-12 and must be approved in advance and documented by the principal. All exemption requests will be approved and must not be in competition with school meals or the food service area during meal service. When possible, it is recommended that individual teacher request be infrequent in nature.

It is recommended to encourage staff to feature activities that do not require non-compliant food.

If food is involved, it must adhere to the allergy policy.

Lily Raymond explained the Board of Education approves only the Policy. The Procedures don't go to the Board. Once the Policy goes to the Board and is approved it cannot be changed. Only the Procedures can be amended.

Jen Martin explained how celebrations are handled at Captain.

- District wide at the Elementary level – Birthday celebrations have been eliminated
- Due to implementation of Smart Snacks – No food or beverages have been served at holiday parties at Captain.
- 5th graders were the only ones disappointed. Mostly at Valentine's Day and Halloween.
- Food can be served it just has to be in compliance.
 - The District's food service provider Chartwells provides party snacks that comply with smart snacks and the allergy policy.

Proposed exceptions with comments on other options than food:

Halloween – more creative activities, etc.

Winter party is a little more low key. Reading

Valentine's Day – a little more difficult – brought in entertainment

Field day – water and goldfish crackers

5th grade promotion – snacks from Chartwells

Another event was discussed that would not fall within the exceptions granted. Ice cream at end of 5th grade tours of Wydown. As an alternative to the ice cream normally purchased to eat at the end of the Middle School tour for 5th graders, it was suggested the school can order ice cream through Chartwells that is compliant and the PTO can pay for it.

Monitoring of requests for exceptions and how to approve was discussed. Questions regarding the difficulty of implementing the monitoring system and ensuring staff are requesting exemptions was a concern. Angela Floken mentioned that one of the greatest concerns is ensuring our policies are followed. Parents know the allergy policy as well as the smart snack policy are not being followed exactly as stated.

Jamie Jordan added that to help with monitoring compliance with the allergy policy, she personally stands at the stair cases and as kids go upstairs ensures students are not taking food with them. She also added moderation should be taught rather than abstinence.

Committee members discussed that if unlimited exemptions are granted at the secondary level then there should be some monitoring to ensure the District is still working toward the goals of the Wellness Committee as detailed in the Alliance for a Healthier Generation Wellness Assessment. Having exemption data will assist the committee in future discussions.

A few members stated that there should be no change to the policy at the elementary level. The meeting on February 27 recommended no changes but a subcommittee was formed anyway. The smart snacks standards allow snacks, they do not prohibit snacks. The snacks are healthier snacks than were previously allowed and why would this not be something the committee would support.

Jen Martin would like to speak with Principals at Meramec and Glenridge to get their feedback and views on a graduated procedures to accompany the policy.

Marissa Pendegraft stated we need to give the Policy time to be successfully implemented as written instead of trying to change it right away.

Christina Blankenship stated we need more data to make an elementary school change.

Further discussion was had by the subcommittee in that to make future changes in procedures at the elementary or secondary level, there needs to be more knowledge about what is actually going on in the buildings. Having data collected from both the elementary and secondary level over the next year will help the Wellness Committee address procedures and discuss possible changes at a later date.

Kashina Bell recommended taking the Policy to the Board with "exemptions allowed" language and continue to work through the committee to finalize the procedures over the next year based on the vote of the committee. Mary Jo Gruber then asked the committee members to vote regarding exemption modifications in Procedures as presented for each level.

First Motion

Retain 5 exemptions for elementary as written.

16 committee members voting (BOE, co-chairs, Kim, Lori, Robin, Barb abstained)

- 6 elementary members (includes Debbie Reilly as Family Center representative)
- 10 secondary members

7 Yes – No elementary members voted yes with the exception of D Reilly

9 No – Motion fails (included 5 elementary members and 4 secondary members)

Based on the vote, the procedures will not be revised to allow for exemptions at the elementary level.

Second Motion

Retain unlimited exemptions for secondary. It was also recommend to remove the last sentence stating “it is recommended that individual teacher request be infrequent in nature”.

14 committee members voting (BOE, Kim and Lori left the meeting, co-chairs, Robin, Barb abstained – 2 other members left the meeting)

12 Yes - Motion passes

2 No

Based on the vote, the procedures will be revised to allow for unlimited exemptions at the secondary level.

Meeting adjourned at 5:45 p.m.

Thank you to all who participated in the meeting.

bd