

Minutes

Wellness Committee Mtg. 05/08/2019

CHS Library 4:10-5:20 pm

Attendees:

Mary Jo Gruber
Kashina Bell
Christina Blankenship
Barb Daves
Robin Fultz
Tina Murtha
Mina Nashan
Debbie Reilly
Stephanie Robbins

Those Invited but not in attendance:

Dena Bashiti
Sarah Centeno
Julie Connor
Sean Doherty
Caren Etling
Angela Flotken
Dan Gutchewsky
Jen Martin
Marissa Pendegraft
Lori Rice
Amy Rubin
Kelly Weygandt

Welcome

Mary Jo Gruber welcomed everyone. She then shared that Kashina Bell will be leaving the District and her replacement is Robyn Wiens who will also be replacing Kashina as Co-Chairperson with Mary Jo on the Wellness Committee.

Approval of 11/01/18 Minutes

Kashina Bell - 1st Motion to approve
Stephanie Robbins – 2nd the Motion
All in favor – unanimous
Motion passes – 11/01/18 minutes approved.

Student Wellness

Food Service:

Stephanie Robbins from Chartwells stated things are going well. – Food costs are down \$.10/meal.

This was a big year – There is a Food Service bid opening scheduled for 5/9/2019.
There was not a lot of response to the RFP this year although Mary Jo did reach out to several Food Service companies.

Chartwells would like to see upgrades to equipment and refresh all of the cafeterias.
Introduce the Greyhound Market and more meal options.
Mary Jo stated we may raise prices as it's been several years and the program is losing money.

Meramec Elementary School won an award from The Produce for Better Health Foundation (PBH)

Smart Snacks:

Principals of each school were sent surveys regarding Smart Snacks and exceptions. The Committee Members were then given survey responses from each principal to review.

Stephanie talked about catering and Smart Snacks offerings. They are all at cost. There is no mark-up.

Christina Blankenship talked about the principals comments and tracking of exceptions. She also talked about the needs of kids. She had taken clothes to school and mentioned how quickly they had been given out to those in need.

Caren Etling at Meramec gives out a lot of snacks
Captain has a snack closet for kids who need something to sustain them

Tina Murtha brought up the need for a parent evaluation as we did with the principals. Mary Jo will get together with Robin Fultz to accomplish this.

Community Wellness

Bike to School Day:

Tina Murtha rode with her son. It should be an annual event from now on.

Trailnet on May 17, 2019 – National Bike to Work Day
Can we expand this and make a competition out of it?
Such as how many bikes are in each school's bike rack, etc.
Coordinate with police to watch out for riders.
Sponsors such as local bike shops, could provide reflective stickers

Staff Wellness

Mary Jo shared that Health Benefit claims are up however we still have a positive Self-Funded account balance.

We would like to use the ideas that CHS used for their Health and Wellness Fair held on April 2, 3 and 4, 2019 and branch out into other buildings.

Direction of the Wellness Committee

Handouts Distributed:

- Wellness Policy
- What is a School Wellness Committee
- Mission Statements
- 2019 CHS Awareness Week
- Big Idea from Steve Hutson
- Who's Biking 2019
- Parents for Healthy Schools
- Wellness Policy
- SMART Goals Worksheet
- Example of a SMART Goal

We are still in need of a Science Teacher on the Committee.

Goals for the Committee:

Promote health and wellness, obesity prevention
Center of Clayton to participate
Plan and implementation to maintain healthy lifestyle

Use for assessment:

- Alliance for a Healthier Generation
- Build off of what we are doing

Wording from Mamaroneck Public School's mission statement on the *What is a School Wellness Committee?* Handout was modified for a draft of a Mission Statement for the Clayton's wellness committee:

Draft of Mission Statement:

The School District of Clayton recognizes that the physical, social and emotional well-being of our students, staff and parent body are all crucial elements of a student's academic success and lifelong health and wellness.

Our Mission is to promote the health and wellness of our students, staff and community through education and efforts that:

- *Encourage habits of wellness*
- *Increase awareness of factors and resources that contribute to well-being*
- *Inspire and empower individuals to take responsibility for their own health*
- *Support a sense of community in which the health and overall well-being of our students is recognized as an essential element of their success*

Purpose of the Committee:

Communicate
Assess
Create
Support Development

Use the Example of a SMART goal for what we as a committee would do. Example of a SMART goal:

Gain recognition and awareness of wellness initiatives and programs.

- *X% of students, staff and parents will be aware of the wellness committee.*
- *Wellness survey to be distributed to parents by _____*
- *Staff and parents will know a wellness team representative by _____*
- *X% of students, staff and parents will be made aware of the wellness committee web page by _____*
- *X% of staff will be aware of wellness initiatives or programs offered.*

Committee members were given a Smart Goal worksheet to take home.

Recommended to use hand out from the *Parents for Healthy Schools* by the CDC to prepare questions for parent survey.

At the next meeting

- Finalize and vote on the committee's mission statement
- Put goals together
- Review draft Smart Snack/Wellness Survey for Parents and Teachers

It was suggested that the committee have 3 or 4 meetings during the year, rather than just the 2 meetings currently scheduled. This would give the committee more time to implement ideas brought forward.

Stephanie added that a Chef is coming to CHS to Demo Packaging of leftovers to donate. There is a lot of red tape to donating leftovers and she is looking into safety of sending food home safely over the summer.

It was also recommended that we invite Clayton's Social Workers to the next Wellness Committee meeting.

Thanks to all who participated in the meeting. The meeting was adjourned at 5:20 p.m.

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