

Minutes

Wellness Committee Mtg. 10/22/2019

CHS Library 4:10-5:20 pm

Attendees:

Mary Jo Gruber
Robin Wiens
Tina Murtha
Caren Etling
Christina Blankenship
Amy Rubin
Jennifer McDaniel
Chartwell's Intern
Michelle Fohey
Molly Troy
Heather Christman
Dan Gutchewsky
Debbie Reilly
Barb Daves

Those Invited but not in attendance:

Sarah Centeno
Julie Connor
Sean Doherty
Angela Flotken
Robin Fultz
Jen Martin
Mina Nasha
Marissa Pendegraft
Aimee Snelling

Welcome

Mary Jo Gruber welcomed everyone. She then introduced Dr. Robyn Wiens as new Co-Chair. Everyone then was asked to introduce themselves.

Notification of the 19-20 meeting schedule was published in ENews.

Reviewed the structure of the Wellness Committee membership and voting that was decided last year. Discussed that only voting members may make a motion or 2nd a motion.

Approval of 5/08/19 Minutes

It was pointed out that Christina Blankenship's name was misspelled on page 2 of the minutes.

Caren Etlin - Motion to approve
Christina Blankenship – 2nd the Motion
All in favor – unanimous
Motion passes – 5/8/19 minutes approved.

Student Wellness

Food Service:

Michelle Fohey with Chartwells: Discover Kitchen – Seed to Table with zucchini and yellow squash
DESE audit is scheduled - it is on a 3 year cycle.

Catering Changes were cited by DESE. They stated we weren't charging enough for catering. There is no penalty for non compliance with this requirement therefore no changes will be made. We are not trying to make a profit on catering, just offset cost.

Christina Blankenship asked about student school lunch account debt. A discussion surrounding overdrawn account procedures was discussed. Low balance and overdrawn account letters are sent every 2 weeks and students are always fed a hot meal. Mary Jo will bring written procedures to review at the next meeting as well as information regarding outstanding balances.

Caren E discussed "Natural Flavors" on ingredients and not knowing what they really are. Received response from Betty Crocker regarding "Natural Flavors" – they could not say what the "Natural Flavors" are. Kona is a vendor that also cannot give detailed ingredients. Suggested to use activities/entertainment rather than serving food since we cannot control. Mary Jo will bring Smart Snack and Allergy policy and procedures to review and reminder to share with PTO meetings.

Community Wellness

Molly Troy talked about the Triathlon in August
7th grade students are receiving free membership at the Center again this year. This was seen as a successful program last year.
Center renovations are underway.

Trailnet on May 15, 2019 –
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 CHS ideas they 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

Goals for the Committee:

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

Tool for assessment:

- Alliance for a Healthier Generation assessment tool
- Survey results

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

Potential Goals of the Committee:

Gain recognition and awareness of wellness initiatives and programs.

- *100% 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 _____*
- *100% of students, staff and parents will be made aware of the wellness committee web page by _____*
- *100% of staff will be aware of wellness initiatives or programs offered.*

Survey to Assess:

Mary Jo Gruber handed out sample surveys to create a survey to send to parents, students and staff to help in assessing the effectiveness of the Wellness Committee and create goals for the future.

Committee members created groups who will work to create draft surveys for the next meeting in January 2020.

At the next meeting

- Finalize and vote on the committee's mission statement
- Establish goals together
- Create surveys to parents, students and staff to assess the effectiveness of the Committee

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

bd