

Wellness Committee Mtg. 11/01/2018

CHS Library 4:10-5:30pm

Minutes

Attendees:

Mary Jo Gruber
Kashina Bell
Barb Daves
Celeste Gillette
Caren Etling
Stephanie Robbins
Nicki – Guest from Chartwells' (Intern)
Jen Martin
Tina Murtha
Marissa Pendegraft
Debbie Reilly
Kelly Weygandt
Sarah Centeno
Sofia Erlin
Beth Deutsch – Guest from the All In Coalition

Those Invited but not in attendance:

Dena Bashiti
Christina Blankenship
Angela Flotken
Robin Fultz
Dan Gutchewsky
Lori Rice
Mina Nashan
Aimee Snelling
Julie Connor
Sarah Hartman

Introductions:

Mary Jo Gruber introduced herself and Kashina Bell as Co - Chairs. Everyone then introduced themselves and stated their interest in the Committee.

Approval of 4/11/18 Minutes:

Celeste Gillette felt there were discrepancies in Smart Snack Policy as written in the minutes. After a short discussion, no changes were made.

Motion to approve: Kashina Bell
Second to motion: Jen Martin
Minutes from 4/11/18 were approved

Student Wellness Updates:

All In Coalition –

Beth Deutsch introduced herself. Beth explained the All in Coalition, its purpose, and things they are doing.

All in Coalition: promotes healthy choices, mental health and addresses drug/alcohol abuse and much more.

Materials were handed out. Beth then talked about some of their activities and events planned throughout the year.

Food Service –

Stephanie Robbins, the School District Food Service Director with Chartwells, shared a handout and discussed her ideas for the year for healthy choices, taste testing at the schools where they are trying to introduce more variety of popular foods, and catering changes.

Introduction of the Breakfast Cart was received well. Suggestions were offered as to where the Breakfast Cart or Snack Cart might be welcome and needed. Sarah Centeno suggested cart would be welcomed before 1st hour.

Stephanie announced that she was proud that 100% of her staff are now allergy certified.

Also newly implemented is a Comment Box for CHS students where she is currently receiving a variety of positive comments and suggestions.

Mary Jo Gruber spoke about the Wellness Committee area on District website and what you can find there, such as the Center offerings and activities at each school.

Also pointed out:

- Jen Martin - 2nd Session of Girls on the Run at Captain due to high volume of participants
- Jen Martin – Garden Day
- Caren Etling – Garden Club at Meramec

Staff Wellness:

District Staff – Fitness Classes ongoing and relatively well received

Community Wellness:

Mary Jo Gruber will:

- Confirm all wellness activities
- City is hosting a Youth Triathlon

Other Topics:

Mary Jo and Kashina wanted to look at the structure of the Wellness Committee members. The floor was opened to discussion.

It was suggested since health is now part of Science in the schools, possibly the addition of a Science Teacher would be appropriate.

Mary Jo offered other ideas for structure, discussion was held and everyone was okay with the new recommended structure of committee members.

Discussion was held regarding the term for members? Three years was the suggested term for a commitment. The process will be written up. The Structure of the Committee will be voted on at the next meeting.

Caren Etling stated she is supplying a lot of snacks after school. She has become the go to person for snacks between school and activities. Jen Martin suggested asking PTO to help supply.

Tina Murtha talked about the Clayton Sustainability Committee and asked how much recycling does the School District do? Discussion was held. Mary Jo will follow up with a list of recycling practices already in place for the District.

Mary Jo read the Overview/Goals of the Committee. It was discussed to have a Mission and Goals, not "overview". The committee will work to create a current Mission and Goals that reflect the committee moving forward.

Mary Jo will send out on Google Docs for everyone to edit the mission and goals of the committee by putting comments at the side and discuss at the next meeting.

It was recommended to put the posting for the meeting in Principals' Newsletters and ask for topics for discussion.

It was suggested that another meeting be added during the year rather than just the two meetings currently scheduled.

Thanks to all who participated in the meeting. The meeting was adjourned at 5:30 p.m.

bd