

Wellness Committee Mtg – 4/18/16 4:00pm-5:50pm

Minutes

Attended: (14)

Chair: Mary Jo Gruber

Co-Chair: Greg Batenhorst

Barb Daves

Dena Bashiti

Julie Connor

Tina Murtha

Angela Flotken

Debbie Reilly

Milton Stokes

Caren Etling

Matt Chaney

Molly Troy for Lori Rice

Stacey Phelps

Michele McGowan

Mary Jo Gruber opened the meeting with introductions around the table then moved to reading the Norms.

Michele McGowan gave a Chartwells Update presentation:

- Explained how we are partnering with a vendor, Hampton Creek and the PCAA (Prevent Child Abuse Assoc.) and every time someone shares or views the Cyber Bullying video Hampton Creek pays \$1.00 to PCAA.
- Explained ugly produce from local farmers and how we are using it in the schools.
- Nutri Slice app. And how well received it's been.
- Introduced us to Mocamole (guacamole substituting peas for the avocados). The students really liked it.

Caren Etling - Has "championed" the Science Garden at Meramec Elementary School and talked about:

- How each class was participating in the garden and the many opportunities there were to use the garden in other parts of the school day.
- Sustainability of the Garden during the summer months.
- Grants that were available for this sort of work at the schools.
- Video "From you Local Farmer to You"
- Adopt a Cow
- There was open discussion regarding unifying the District by each school having a garden,
- How to communicate about the Meramec garden to cultivate interest in a gardens at other schools:
- Enews – a link could be put in the Enews regarding the garden information
- Principals newsletter
- Update PTOs regarding the Wellness Committee information.
- Communication Dept. could do a story on the Meramec Science Garden in Enews.
- Find a "Champion" at each school to promote these gardens.
- It was suggested to designate a Wellness Coordinator at each school.
- The lessons taught through the Garden should be carried into other subjects. (This is difficult as the Committee's function is not to influence curriculum.)

Wellness Procedures were discussed:

- More communication in the buildings and community is needed.
- Communication recommendations were requested from the Committee, as we are already putting information in ENews. – possibly a table with information at the triathlon.
- ‘Read Write and Run’ not in all buildings...lack of cooperation at the school level – a problem.
- A Wellness Champion needed at each building.
- What are our expectations for each school?
- Need to add “Champions” to procedures (page 5 section 3)
- How to implement the “Champion” concept District wide.
- In Procedures – Nutrition Education (page 2) Health / PE Teachers
- Page 10 – measurement / monitoring reported to the BOE during curriculum reports.
- Page 8 – Tooth brushing – We accommodate if someone wants or needs to brush during the day, but we don’t necessarily promote it.
- Mary Jo will take recommendations to Building Leaders and bring back to the BOE.

Michele McGowan addressed Ala Carte offerings:

- We will send the Clayton Elementary Ala Carte Snack Program w/ Free and Reduced info at the beginning of the school year.
- Need to standardize how ala carte items are offered with lunch monitor.
- Slushies are a big deal = nutrition, color (going to order clear to alleviate the dye) offered before lunch. Should not be ‘pushed’.
- Bucket smoothies were described. Made with applesauce, fruit puree’ and served from a large container. They are healthier and the kids seem to enjoy them.

Mary Jo Gruber spoke about Staff Wellness:

- Staff Fitness programs at the Center of Clayton have been adjusted as to locations and times to accommodate as many as possible and our enrollment in these classes is growing as a result.
- The new Group Personal Trainer class has been very well received.
- We have not as yet organized the intramural volleyball, etc. due to time constraints however it is still on the ‘to do’ list.