

Wellness Committee
Minutes
November 20, 2019, 6 pm at CHS

Members present: AJ Feuling (chair, District Office), Sandra Ramirez (Aramark), Andres Montoya (Aramark), Ken Furlong (Sheriff), Richard Varner (Trustee), Linda Hurzel (Teacher @ Bordewich), Christine Lenox (SSS), Elizabeth Snyder (Director of Nutrition for the school district)

Strategic Plan Objective 4.2 – “Empowering all students to make healthy lifestyle choices for nutrition, wellness, and physical activity.”

4.2.1 – “Adopt, implement, and evaluate best practices in an empirically supported nutrition and physical activity/physical wellness program chosen by an appointed committee of stakeholders in the field that empowers students to make healthy choices for nutrition, physical activities, and physical wellness.”

- We offer nutritious meals as well as physical activity and wellness programs at all sites

4.2.2 – “Schools should include a health component is daily activities.”

- Happening at most, if not all, schools
- This strategy looks different at all different grades

4.2.3 – “Maintain a District Nutrition Council to help oversee/create menus, and food options for meal opportunities for students in need.”

- The Menu Advisory Board meets at least twice a year.

4.2.4 – “Conduct a research-based review of school schedules, including start and end times that lead to increased student engagement and achievement and establish set times throughout the school day, including before school to allow children opportunities to exercise and wake up their brains and bodies.”

- Completed study in SY 2014-2015
- No interest in doing this study again at this time

4.2.5 – “In collaboration with the district external communications plan, work with the local media to invite the community to learn about healthy eating tips, fitness and recreation opportunities, as well as available resources and sustainable practices offered by CCSD and participating community partners.”

- We have added a ‘community resources’ page to the district website. It is located under ‘Parents’ and then ‘Community Resources’
- We are looking to gather ideas of things to post on this web page
- Aramark has a new item called ‘Feed Your Potential 365’ with new nutritional information daily. Andres is not sure if it’s fully functional yet but will follow up with us about it.

- Linda brought up the idea of sending something home about the new resource on our website in Peechee's so that parents know about it
- Elizabeth asked if we could possibly turn this or our whole district website in to an app for smart phones
- The consensus was that teachers would like to see samples of new menu items happen again so students try it more willingly
- Linda informed us that the state is rewriting health standards for physical fitness. They will be implemented in schools once they have passed which might mean a year or two before they are implemented.