
Wellness Committee

Tuesday, March 25, 2024, 4:00-5:00 p.m.

De Soto #73 Public Schools

Attendees

~~Wendy Campbell, Core Data~~

~~Josh Aylesworth, Physical Education Teacher~~

~~Caitlyn Wehner, Physical Education Teacher~~

~~Michael Sobol, DHS Physical Education Teacher~~

~~Jason Jovi, Physical Education Teacher~~

~~Dawn Brown, DJHS Nurse/parent~~

~~Dr. Will Nunn, Athena Principal~~

Tonya Peeler, SFE General Manager/parent

~~Matt Buechting, Physical Education Teacher~~

~~Kurtis Davis, DHS Physical Education Teacher~~

~~Louise Robertson, Physical Education Teacher~~

Amanda Pruitt, Physical Education Teacher/parent

Ron Farrow, Assistant Superintendent

Joshua Phipps, Jr. High Principal/parent

Agenda

Last Meeting Follow-up Items

Agenda Follow-up Item:

Last Meeting Actions:

1. Vending Machine
 - a. U.S. Vending - Tyler White
 - i. Timer
 - ii. Not compliant

New Business

Total Time Allotted 1 Hour

Objective

1. Review the surrounding district's Wellness information.
 - a. Provided information for parents
 - Birthday Parties healthy snacks
 - Healthy Holidays
 - Creating Healthy School Ideas
 - Provide virtual wellness
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2. Designate a school wellness policy coordinator per campus location.
3. Develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy
 - a. Rewards besides food
 - Hat day
 - Pajama day
 - b. Quarterly newsletter updates
 - c. Student Involvement
4. Discuss Items for review listed below

Follow-up Items

- Mrs. Peeler shared information from DESE to assist with guidelines.
1. Local Wellness Policy Assessment/Evaluation
 - Have the committee review and submit an evaluation of the policy
 2. Non-compliance items in vending machines
 - Better contact information or people allowed to call the vending company
 - What is the contract with the company?
 - Mrs. Peeler will follow up with Dr. Isaacson for information.
 3. Better communication with staff on regulations and guidelines by Federal, state, and school policy regarding health and wellness.
 4. Better communication with the public on health and wellness

Next Meeting Agenda Items

Future Meeting Dates:

May 6, 2024

Items for review

E. Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. *Celebrations and parties.* The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. *Classroom snacks brought by parents.* The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. *Rewards and incentives.* The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

F. Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas [*examples from the Alliance for a Healthier Generation and the USDA*].

1. Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).
2. Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc. (Meets Healthy Schools Program Gold-level criteria)

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.