

# Wellness Policy Committee Meeting

Monday, January 27, 2025 – 3:00 pm

Virtually over Zoom

## 1. Welcome and introductions, including new members – Sebastian Varas

Members Present	Position	Subcommittee Assignment
Sebastian Varas	Nutrition Service Director	Nutrition
Emily Jenkins	Nutrition Services Dietitian	Nutrition
Shauna Flash	Canyons Living Chair, HR	Public Involvement
Everett Perry	HR Administrator	Public Involvement
Mark Martin	Parent	Policy Adjustment
Karen Pedersen	School Board Member	Unassigned
Kirsten Stewart	Communications Director	Public Involvement
Holly Bishop	Community Member	Policy Adjustment
Brooke Harris	Physical Education Teacher	Physical Education
Kelcey Kemp	High School Administrator	Public Involvement
Julie Fielding	Elementary School Administrator	TBD
Bryan Rudes	Middle School Administrator	TBD
Caleb Vickers	Student	Nutrition
William Carn	Student	Physical Education
Heidi Hopkins	Nutrition Services Intern	N/A

## 2. Review of previous meeting minutes – Emily Jenkins

## 3. Reports and updates from subcommittees

### a. Policy Adjustment

- Mark brought forth a concern about math/other curriculum using identifiers that are body-related for in-class assignments e.g. using height as data points for histograms. He would like to raise awareness to teachers and curriculum staff that there are other ways to teach while avoid marginalizing students for their body size.
  - Mark will take this issue to the Canyons Instructional Support Departments and report to the next meeting.

### b. School Nurses

- Nothing to report at this time
- Thank you nurses for your support with roll out of PB&Js and being supportive.

### c. Nutrition

- Upcoming Administrative Review by USBE Child Nutrition Programs will include comprehensive assessment of programs, including:
  - Nutrition and Menu planning
  - Smart Snack Compliance (including vending machines and school stores)
  - Free and Reduced Benefits
- There is a current Utah house bill that has been introduced to have the state cover reduced priced meals. Nutrition Services will be following.
- Nutrition Services will work toward surveying students in their classrooms regarding lunch times and ensuring sufficient time to eat their lunch.

### d. Physical Education and Activity

- Brooke is currently working to ensure the wellness policy is being followed regarding class sizes in PE. The policy discusses that class sizes should appropriately accommodate students in a safe way.

e. Public Involvement

- Canyons Living has grants for schools for up to \$300 to incentivize wellness for employees
- Over 170 employees and families are utilizing middle school tracks before and after school. This has been a success.
- March 24, 2025 will be a Professional Development Day conference at JHS for all ESP in district.
- Superintendent would like to do a pickle ball tournament/fundraiser for the foundation to support Unified Sports, potentially in May

4. Discussion items

- a. Assigning subcommittee for new members. Each new member can email Sebasthian in the next week with their subcommittee preference.

5. Next meeting: Fall 2025