

# Wellness Policy Committee Meeting

Thursday, April 14, 2016 – 4pm

Nutrition Services Conference Room – CAB West

1. Welcome and introductions – Sebastian Varas
  - a. Present: Suzanne Madsen, District Nurse; Emily Jenkins, District Dietitian; Sebastian Varas, Nutrition Services Director; Susan Edwards, Public Engagement Coordinator; Scott Edwards, student; Makayla Hopkins, student; Betty Shaw, parent
  - b. Absent: Jamal Willis, Wellness Policy Chair; Mindi Paskins, PE Teacher; David Carr, student; Taylor Palmatier, student; Shannon Reynolds, Parent
2. Review of Last Meeting's Minutes – Emily Jenkins
  - a. Discussion: a school board member is supposed to be on the committee
    - i. Action: Susan will work on recruiting a board member to sit on the committee
  - b. Discussion: The committee would like to add restricting the use of physical activity as a punishment to CSD's current policy (e.g. stay in from recess, run laps, etc).
    - i. As part of that recommendation, the committee would like to specify that sport teams are excluded from this policy.
      1. Action: Sebastian will discuss the addition with Jeff Christensen from CSD's Legal Services Department
  - c. Discussion: The committee would also like to see better practices in place for using food as a reward and having snacks for class parties and holidays.
    - i. From a nursing standpoint, having snacks and food as a reward in classrooms can pose barriers with students with allergies, diabetes, or other medical needs.
    - ii. There is many holidays, birthdays, celebrations, fundraisers, etc. that are focused around food and the committee feels restricting this would be met with a lot of resistance.
      1. The committee recommends it be added as a guideline instead of policy.
        - a. Action: Sebastian will discuss it with Jeff Christensen
    - d. Discussion: The committee would like to see more being done to promote recess before lunch.
      - i. There is research and merit backing the concept of recess before lunch. However, there are several barriers to making this a standard practice, including school schedules, support from teachers, and more. From a nursing standpoint, it is complicated for students with type 1 diabetes and insulin administration, but it can be done.
      - ii. The committee would like to present this as a recommendation to the School Board for a potential future policy.
  3. Review of Administrative Review (AR) of Nutrition Services from USOE – Sebastian Varas
    - a. We need goals for nutrition promotion written on the wellness policy
      - i. There is a lot being done for nutrition promotion, goals just need to be written into the policy.
        1. Action: Sebastian will discuss adding this to the policy with Jeff Christensen
    - b. We need a plan for measuring compliance to and implementation of the wellness policy
      - i. Discussion: We could potentially use the Canyons Living Leaders that are already assigned at each school to do a monitor and assess form or a survey of some type to show how each school is complying. Depending on the length and depth of the form, it would be nice to do twice a year to correspond with wellness committee meetings. Committee members could also perform random spot checks each year for one school at each level.
        1. Action: Sebastian will prepare a potential self-monitoring checklist and send it to committee members via email for an informal approval.
  4. Next meeting: Thursday, October 6<sup>th</sup> @ 4pm

Handouts: CSD's current wellness policy, Local Wellness Policy Checklist with notes from USOE representative