

Wellness Policy Committee Meeting

Thursday, October 10, 2019 – 3:30 pm

Wasatch Room – CAB West

1. Welcome and introductions – Sebastian Varas
 - a. Present: Sebastian Varas, Nutrition Services Director; Allie Teller, Health/PE Specialist; Mark Martin, parent; Abigail Hales, student; Kirsten Stewart, Assistant Communications Director, Jen Gerrard, District Nurse; Everett Perry, HR Administrator; Jeffrey Christensen, Assistant Legal Counsel; Jessica DeAlba, HR Administrative Assistant; Susan Edwards, Public Engagement Coordinator; Perla Bedolla, Student; Steve Wrigley, School Board Member; Amanda Gheen, Dietetic Intern; Camille Bunn, Dietetic Intern; Emily Jenkins, Registered Dietitian; Sheree Robison, Parent; Halley Nelson, Middle School Administrator; Laurie McBride, Parent
2. Review of last meeting minutes – Sebastian Varas
 - a. We need to bring before the district’s policy committee to include food marketing on school campus
 - i. Sebastian will provide the exact language for this addition, as well as a deadline, and send it to Jeff to be presented to the district’s policy committee.
 - b. Nurses’ proposal about food being given away in classroom.
 - i. Jen will follow up with the nurses to see how far this has been taken.
 - ii. The committee still feels this would be a welcome guideline.
 1. It is suggested to send it out to each school’s SCC for comments/suggestions.
 - iii. There are not guidelines for secondary schools, but it could be good to include about how to handle vendors that would like to give away free food
3. Reports from various subcommittees
 - a. Nutrition
 - i. Nutrition Services is using eco-Friendly trays and utensils, but there has been some difficulties with loss and destruction of the utensils.
 1. Kirsten and communications will work toward a campaign to educate the students/schools.
 - ii. We are participating in Farm to School Month by having local apples on Utah Apple Crunch day on October 23
 - iii. We are collaborating with the SLCo Health Department to implement Smarter Lunchroom techniques in cafeterias across the district.
 - b. Physical Education
 - i. Middle schools split health and PE classes completely this year, are implementing new health standards for curriculum, and are working on adopting a new health textbook.
 - c. Public Involvement
 - i. Working with various organizations with a focus on mental health, spreading the word about vaping, decreasing idling, radon testing, water testing, and more.
 - d. Policy adjustment
 - i. Nothing new at this time.
4. Updates and goals
 - a. The school board is not recommending an increase in lunch prices at this time.
 - b. Monitoring what food items served at schools meals are and are not popular
 - i. The USBE is conducting a survey with students across the entire state of Utah and our district is going to take part in that.

- ii. We could also design a survey with parents regarding their perceptions and ideas about school meals in our district.
 - 1. Survey SCCs – Communications can help with sending out to the community.
 - c. Recess before lunch
 - i. Physical education would like to expand recess before lunch to help give students more time to sit and eat their lunch.
 - d. Any other goals can be sent to Emily to keep track of for future meetings
- 5. Next meeting: April 2020, unless we have goals requiring more immediate action.