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 6th @ 4pm

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