

Wellness Policy Committee Meeting

Thursday, November 2, 2023 – 3:00 pm

Virtually over Zoom

1. Welcome and introductions – Sebasthian Varas

Members Present	Position	Subcommittee Assignment
Sebasthian Varas	Nutrition Service Director	Nutrition
Emily Jenkins	Nutrition Services Dietitian	Nutrition
Susan Edwards	Public Engagement Coordinator	Public Involvement
Heather Isbell	PTA Health Coordinator	Public Involvement
Brooke Harris	Physical Education Teacher	Physical Education
Shauna Flash	Canyons Living Chair, HR	Public Involvement
Jeff Christensen	Legal Counsel	Policy Adjustment
Everett Perry	HR Administrator	Public Involvement
Mark Martin	Parent	Policy Adjustment
Sami Martin	Student – CCHS	Public Involvement
Clara Evans	Student - CCHS	Public Involvement
Justin Jeffery	Elementary School Administrator	Unassigned
Karen Pedersen	School Board Member	Unassigned
Jen Gerrard	District Nurse	Nursing

2. Review of previous meeting minutes – Emily Jenkins

3. Reports and updates from various subcommittees

a. Policy Adjustment (Jeff Christensen, Halley Nelson, Mark Martin, Holly Bishop)

i. Nothing new at this time.

b. School Nurses (Jen Gerrard)

i. Expressed some concerns about snacks in elementary schools. There are no guidelines regarding snacks and snack time, and this is bringing about issues with food allergies and students with diabetes, and the workload of the nurses.

1. Ideally, there would be no snacks and no treats in classrooms. They recognize that there are many barriers to getting to that point. The nurses have sent out suggestions for snack time that is allergy-friendly, but they still feel that this practice should be discontinued.

c. Nutrition (Emily Jenkins, Sebasthian Varas)

- i. All cafeteria workers were awarded the APEX Award for this school year.
- ii. USDA is rolling out more strict requirements for whole grains, lower sodium, and lower sugar in schools. We are currently compliant, but it will get more strict in the next few years.
- iii. There is a new threshold for Community Eligibility Provision (CEP), which may make it easier for more schools to have universal free meals. More information is needed to determine what schools may qualify.
- iv. The Utah State Legislature has set requirements for alternative breakfast programs for schools based on the percentage of that community on free or reduced priced meals. We implemented alternative breakfast programs at Diamond Ridge and Midvale Middle this past school year. The following schools will need to implement alternate breakfast programs for next school year:
 1. Bella Vista
 2. Crescent
 3. Draper

4. East Sandy
 5. Glacier Hills
 6. Eastmont
 7. Mount Jordan
 8. Union
 9. Hillcrest
- d. Nutrition Services is working on an initiative to reduce food waste in the cafeterias. They are creating an informational video for students and a training for kitchen managers.
 - e. Triennial Assessment
 - i. We had good turnout for the triennial assessment of the Wellness Policy at the schools.
 - ii. We did not get assessments for:
 1. Alta
 2. Bella Vista
 3. Butler Middle
 4. Draper El.
 5. East Midvale
 6. Granite
 7. Indian Hills
 8. Midvale
 9. Midvale Middle
 10. Oak Hollow
 - iii. There were no major concerns from the reports. One concern was for time allotted for students to eat lunch, which will be discussed later.
 - f. Physical Education and Activity (Brooke Harris)
 - i. They are working to encourage middle school students to choose to take physical education classes.
 - g. Public Involvement (Everett Perry, Susan Edwards, Karen Pedersen)
 - i. Several secondary school gyms are open up to staff and are getting great use by employees.
 - ii. The Education Foundation will be sponsoring a 5k in the spring for public and students.
 - iii. Unified Sports for students with special needs has been growing in Canyons School District.

4. Discussion Items

- a. Time for students to eat in the lunchroom
 - i. Karen from the school board has heard a few concerns regarding elementary students' time to eat in the lunchroom.
 1. She appreciates the table at Willow Canyon for students to sit if they need more time to eat.
 2. Some menu items take longer to serve, so it may be worth evaluation of menus.
 - ii. We could survey the community on times for school meals
 1. Send specific questions to Sebastian that you feel need to be addressed.
 - iii. This topic may warrant a separate survey for elementary parents and middle and high school parents.
 - iv. This topic should be taken to Dr. Sanderson and Cabinet to ensure that it warrants a survey, as they really try to limit the number of surveys sent out to the community.
 1. Sebastian will discuss this with them.
- b. Assigning a High School Representative to the committee
 - i. Susan will reach out to Tom Sherwood to find a representative.
- c. Results from survey non-sweet rewards suggestions for teachers.

- i. Sebastian took the QR code that leads to the survey to a business meeting to get principal feedback for ideas that have been successful at their schools.
 1. Mark will summarize the results and will share that.
 2. Results may be used for a guide to share with teachers and principals. This guide would need to be shared annually to capture new teachers. The nurses have a similar guide created to which we can add any new ideas

5. Next meeting: April 2023