

Wellness Policy Committee Meeting

Wednesday, May 12, 2021 – 2:00 pm

Virtually over Zoom

1. Welcome and introductions – Sebastian Varas
 - a. Present: Sebastian Varas, Nutrition Services Director; Kirsten Stewart, Assistant Communications Director; Everett Perry, HR Administrator; Jeffrey Christensen, Assistant Legal Counsel; Jessica DeAlba, HR Administrative Assistant; Susan Edwards, Public Engagement Coordinator; Steve Wrigley, School Board Member; Emily Jenkins, Registered Dietitian; Jenna Stoker, Dietetic Intern; Sheree Robison, parent and PTA Representative; Halley Nelson, Middle School Administrator; Holly Bishop, parent; Josselyn Biviano Ardano, student; Mark Martin, parent
2. Review of last meeting minutes – Emily Jenkins
3. Reports and updates from various subcommittees
 - a. Nutrition
 - i. Nutrition Services will get back to biodegradable trays and potentially using washable silverware if labor will allow and students will stop discarding them.
 1. The Communications department may be able to help with a marketing campaign for students.
 - ii. Meals will be free to all students again next year as part of continuing waivers from USDA.
 - iii. This upcoming school year is time for triennial assessment of wellness policy
 1. We will prepare for this assessment at our meeting in the fall.
 - iv. Nutrition education and promotion
 - b. School Nurses
 - i. Nothing new at this time.
 - c. Physical Education
 - i. Nothing new at this time.
 - d. Public Involvement
 - i. Nothing new at this time.
 - e. Policy adjustment
 - i. Nothing new at this time.
4. Updates and goals
 - a. Recess before lunch
 - i. The committee would like to expand recess before lunch to help give students more time to sit and eat their lunch.
 1. Let's discuss this as we get into the school year
 2. We will invite principals that are successfully implementing recess before lunch to share their thoughts about how this is going.
 - b. High school clubs (e.g. National Honor Society) with service hours may be able to help with eco-friendly initiatives, including preventing students from throwing utensils away.
 - i. When we are able to start using washable utensils, we will evaluate how much help is needed and reach out at that time.
5. Next meeting: October 2021