

Wellness Policy Committee Meeting

Thursday, October 4, 2018 – 3:45pm

Wasatch Room – CAB West

1. Welcome and Introductions – Sebasthian Varas
 - a. Present: Sebasthian Varas, Director of Nutrition Services; Justin Jeffrey, Park Lane Elementary Principal; Kirsten Stewart, Assistant Director of Communications; Everett Perry, HR Administrator over ESP; Jeff Christensen, Assitant Legal Counsel; Susan Edwards, Public Engagement Coordinator; Emily Jenkins, Registered Dietitian; Caitlin Taggart and Jamie Doxey, Dietetic Interns; Steve Wrigley, Board of Education; Brooke Harris, PE Faculty; Allie Teller, Curriculum; Parents including: Betty Shaw, Sheree Robinson, Holly Bishop, Tonya Rhodes; Students including: Meg Robinson, Daizha Jake, Gwen Christopherson, Samantha Bishop, Cleo Harbertson, Abigail Hale
 - b. Absent: Suzanne Madsen, District Nurse; Ryan Durant, Jordan High Assistant Principal; Halley Nelson, IHMS Assistant Principal.
2. Review of previous meeting's minutes - Emily Jenkins
3. Divide current policy into sections and compare the policy to Alliance for a Healthier Generation Model Wellness Policy:
 - a. Model suggests that the committee meets four times a year - we only meet twice. We could specify in the policy how often we would like to meet.
 - b. We could include a list of members of the committee and a role for each member.
 - c. We could add a section written into the policy that states how the committee will maintain records of minutes and individual school assessments.
 - d. We could include how the policy is distributed to the public, specifically that the policy is part of the registration materials.
 - e. We could be more specific in how often we review and update the policy.
 - f. We state in the policy that we are meeting regulations for school meals, but we could do a better job about educating the public as to what those regulations are, including spreading the word about the Nutrislice app and website that shows nutrition content for all school meals. We discussed adding an addendum explaining the regulations for school meals.
 - g. The current policy suggests not using food as a reward, but the model policy strongly states that food should never be used as a reward. Students present at the meeting felt the strong wording felt too strict. Discussion among committee members felt that completely eliminating food as a reward is a worthy goal and helpful especially for students with special dietary needs, but it will be very difficult to implement district-wide. We may be able to add suggestions for other rewards that are neither related to food or physical activity.
 - h. We could do more as a district for nutrition promotion/marketing school meals and add some more suggestions to the policy. The committee discussed an addendum to the policy for suggestions for the schools/Living Leaders to use e.g. a nutrition education toolkit. We also discussed being more proactive in school newsletters with nutrition information.
 - i. The model discusses use of the outdoor facilities and how many students can use them to be safe – we have nothing in our current policy related to outdoor facilities. The committee also discussed adding to the policy the strict abstinence from outside physical activity when it is a red air day, including after school clubs and sports.
 - j. We could potentially strengthen the wording in our wellness policy regarding administrators and teachers not keeping students out of PE/recess as a punishment or give suggestions and promote alternatives as other punishments or rewards, as stated above.
 - k. The model policy discusses fitness assessments, but our policy does not. We could potentially include information regarding Fitnessgram (NFL FUTP60), which focus on form and improvement, not the same standard for everyone.
 - l. Nothing in our policy addresses outdoor/indoor recess.
 - m. There is no mention of Canyons Living in the policy, and this could be added to show the collaboration with the community and promote the public outreach that is being done.

- n. There is nothing in the wellness policy to address mental health wellness services in the schools and more outreach from the school counselors. The committee feels we would like a representative from the Responsive Services department to help guide this discussion in future meetings.

Next meeting: January 2019 –will sent out a Doodle poll to decide upon a date