

Wellness Policy Committee Meeting

Wednesday, May 31, 2017 – 4pm

Little Cottonwood Room – CAB West

1. Welcome and introductions – Sebastian Varas
 - a. Present: Sebastian Varas, Nutrition Services Director; Justin Jeffrey, Park Lane Principal; Halley Nelson, Indian Hills Middle Assistant Principal; Betty Shaw, PTA; Jeff Christensen, Assistant Legal Counsel; Susan Edwards, Public Engagement Coordinator; Emily Jenkins, District Dietitian; Ember Chadwick, student at Alta High; Nathan Brown, student at Alta High; Payson Chambers, student at Hillcrest High
 - b. Absent: Jamal Willis, Wellness Chair; Suzanne Madsen, District Nurse; Ryan Durant, Jordan High Assistant Principal; Mindi Paskins, PE Teacher
2. Update on committee purpose and direction – Sebastian Varas
 - a. USDA requires a committee for us to be in compliance with foodservice programs
3. Review of last meeting’s minutes – Emily Jenkins
4. Presentation of policy updates and comparison of policy to “Local Wellness Policy Checklist” by USDA – Jeff Christensen
 - a. The Director of Nutrition Services will be designated as the official in charge of compliance oversight
 - i. Discussion: Canyons living leaders would be good candidates to help evaluate wellness at the school level, as they are assigned as representatives of employees and students
 - b. To better represent all stakeholders and get the most relevant feedback, the committee is needing school board representation and health/PE teacher representation.
 - i. Discussion: the invitation will be extended to more health teachers and the school board, or they may assign a designee
 - c. Reviewed memo “Selling Foods Outside of the Reimbursable Meal” and “Nutrition Standards for all foods sold in schools”
 - i. Discussion: it would be good to resend the memo to school performance for an updated approval and resend it out to the principals at the beginning of next school year
 - ii. Discussion: there may still be a misunderstanding about food-based fundraisers, so it is suggested that Sebastian be included in business meeting training specifically when they discuss fundraisers
 1. Every fundraiser is approved through school performance and Sebastian could potentially be included in that approval process when they are food-based and during the school day.
 - d. Awareness of the policy to the public and public inclusion on the committee can be done several ways, including:
 - i. Potentially include the policy as a part of online registration
 - ii. Potentially send an email through Skylert with information regarding the next meeting and an invitation to those who would like to join
 - e. The committee will meet twice a year and more often, as needed (potentially electronically)
 - f. After comparison of the updated policy to the “Local Wellness Policy Checklist”, the group found the policy to meet all of the standards, but there is a need for nutrition education, promotion, and physical activity goals beyond the federal guidelines that are specific to our district.
 - i. Discussion: Recess before lunch has been brought up in previous meetings as a suggestion to the policy rather than a strict guideline. Research supports this as a health-promoting practice, but it can be met with various barriers at the school level

1. Before any goals are finalized, it would be in our best interest to solicit input from potential stakeholders at the school level via survey on any policy updates.
 - ii. Discussion: the students feel that more time is needed for lunch at the high school level. Often time, the perception of the length of the line is worse than the actual line, so further study is needed in our district.
 - iii. Action: committee members will think of goals they feel would be beneficial to add to the policy
- g. The additions to the policy will go before the School Board as a second reading on June 13th
 - i. Goals to be included as an exhibit rather than policy to make it more fluid year to year.
5. Next meeting: second week in October -- Emily will send a Doodle for everyone to choose availability.