

Wellness Policy Committee Meeting

Thursday, November 19, 2015 – 4pm

Little Cottonwood Room – CAB West

1. Welcome and introductions – Jamal Willis
 - a. Present: Jamal Willis, Wellness Policy Chair; Suzanne Madsen, District Nurse; Emily Jenkins, District Dietitian; Danielle Billat, Dietetic Intern with Nutrition Services; Sebastian Varas, Nutrition Services Director; Susan Edwards, Public Engagement Coordinator; Betty Shaw, parent; Shannon Reynolds, parent
 - b. Absent: Mindi Paskins, PE Teacher; David Carr, student; Taylor Palmatier, student
2. Background on Committee - Sebastian Varas
 - a. Every school district participating in the National School Lunch or School Breakfast Program is required to have a wellness committee with policies tied to nutrition and physical activity. We are required to meet twice/year as an entire committee as a part of the policy.
 - b. CSD's Nutrition Services department is under review from USOE this year February 9-11, and the wellness policy will be reviewed as a part of this.
3. Local School Wellness Policy Assessment Tool – Sebastian Varas
 - a. Read CSD's current wellness policy aloud and compared with the assessment tool
 - i. Discussion: Committee would like to see a firmer resolve in the schools using restriction from physical activity as a punishment (i.e. staying in from recess).
 - ii. Discussion: How are we reaching the broader community and what are some channels we could use?
 1. We could include information in twice/year mailers sent to the community and include it on CSD website under Canyons Living. It could also be included on posters at the schools and on individual school websites, as well
 2. Action: Susan will work with Tyler Toone to post the minutes to the website
 - iii. Discussion: Committee members must include a school board designee, but they do not have to sit in on meetings. We also would like an administrative member from an elementary and middle school.
 1. Action: Jamal will recruit principals for middle and elementary to sit on the committee.
 - iv. Discussion: committee would like more information regarding physical activity in the classroom
 1. Action: Emily will invite Alan Whitmore, who works with PlayWorks, to briefly discuss the program at our next meeting
4. Smart Snacks Rule – Sebastian Varas
 - a. Discussion: Based on the memo regarding food fundraisers, the principals at each school should be sending in forms for their 3 exempted food fundraisers to Nutrition Services to keep on file. This has not been happening.
 - i. Action: Susan will establish a protocol when the principals apply for a fundraiser to ensure the food standards are being met, or exemption is submitted.
 - b. Discussion: food can be given away and does not have to meet the nutrition standards (PTA parties, birthdays, etc.), but establishing standards for those foods is something the committee can decide to do to promote wellness. Food made as part of CTE programs does not have to meet the standards as long as it is not being sold. When it is sold, the CTE programs can apply for further exemptions through USOE.
5. Next meeting: April 14th @ 4pm
 - a. Action: In preparation for next meeting, each committee member will read and compare CSD's current wellness policy to sample wellness policy provided

Handouts: Local School Wellness Policy Assessment Tool, CSD's current wellness policy, memo "Selling Foods Outside of the Reimbursable Meals", sample wellness policy