

## WELLNESS COMMITTEE MEETING

Monday, May 16, 2022

The meeting was called to order at 2:03 PM

Mrs. Clabbatz welcomed everyone and explained that the meeting will begin with the PAC (Parent Advisory Committee) portion. Melissa Turben and Lynette Willis are both parents of children who are attending school in the District. Mrs. Clabbatz explained that the Wellness Policy is the guideline for this meeting. A copy of the Wellness policy was made available at the meeting.

The student representatives noted that the cafeteria menu seems to have a lot of carbohydrates. They also stated that since becoming a free lunch district the portions sizes appear to have gotten smaller. It was suggested by the student team to offer more meats that are not in sandwich form to help eliminate some of the carbs. Mrs. Clabbatz said that they can request those menu items without a bun. Other suggestions were more salad dressing options, more variety in the salads offered, more gluten free choices, small bottles of water offered along with the milk and juice choices and possibly introducing the soup line again. They also stated that the smoothies are very good and a lot of the students enjoy them. This discussion covered the menu, food quality and food choices.

When asked how the eating environment was. The student panel stated that it is harder to find a seat with everyone back in the cafeteria and not split between the café and the gym which also seems to be lending to more conflicts during lunch between students. The lines do get long and can take some time but that otherwise they feel there is enough time to eat. It was also noticed that the snack bar doesn't open until closer to the end of lunch. Mrs. Donoghue asked about Kick Start being sold at the snack bar. It does have zero sugar but the caffeine content is very high. Mrs. Clabbatz said that all items in the snack bar have to meet the healthy snack guidelines. They asked about the TV screens in the café. Mr. Daum stated that initially these will scroll announcements, but that they are researching other ideas to be visual while the students are eating. With the free lunch status of our District, the unpaid balances, price points and charge policy are not a concern. The Farm to School continues to be implemented as much as possible. Mr. Krasa's class provides some items that are grown in their greenhouse as does a local farm. Mrs. Clabbatz expressed her appreciation for the feedback and she will be talking with the Food Services Director regarding these items.

The committee then moved into the Wellness portion of the meeting.

There does continue to be nutrition education presented in various classes as well as adequate physical activity. With the nicer weather, many of the classes can be seen walking all over campus. Fundraisers continue to be approved by Administration and there does not seem to be an issue with competitive foods being sold or offered during the school day. Safe Routes to School is more of a challenge for our District due to our geographic boundaries. Also, other things have been introduced such as the Move More Campaign at the Intermediate school.

Melissa Turben said that she will continue as a Wellness Co-coordinator. High School Nurse, Stephanie Donoghue has agreed to also serve in this capacity since Rachel Cragg is retiring at the end of the school year.

Amanda Ongley, Food Services Director was not able to be at the meeting because she was holding a student meeting at one of the elementary buildings. Mrs. Clabatz reiterated that she has several items to take back to Mrs. Ongley from the discussion of this meeting.

Jennifer Eberlein of Blue Zones noted that we are officially approved as a wellness work site. Jennifer recommended cross-collaboration between the Wellness Committee and the Beaver Blue Crew Advisors. It was explained that getting coverage for the advisors who are all teachers is extremely difficult. Moving the meeting time to before or after school would eliminate all students. It was explained that student representation is not just required for the Wellness Committee, but it is also valuable. Jennifer then went on to outline the two documents that she provided for the meeting. One document outlined the items that the District is currently doing that are Blue Zone approved. The other document was the Blue Zone committee Notes that also contains ideas for additional items that could be introduced.

The students also asked if perhaps they could be used to staff concession stands for the various events. This would serve as their required community service and eliminate the problem of the boosters trying to have parents volunteer for this. Mrs. Clabatz said she will present this idea to Mr. West and the guidance office for input.

Mrs. Clabatz said that she will be announcing at the May 23, 2022 school board meeting that there is a need for a new board member to serve on the Wellness Committee.

Mrs. Clabatz also asked those present to be thinking of at least one other parent from the community that may be willing to serve on this committee.

It was also noted that we will need another gym teacher on the committee since Rachel is retiring. Mrs. Turben said she will ask Mrs. Adamski or Mr. Bailey if either of them would be willing to serve.

The student panel are all currently juniors, so they will be returning next year to the committee. Mrs. Turben stated that Hunter LaSalvia who is another student has also expressed interest in serving.

Mrs. Turben is also going to reach out to the High School Blue Crew advisor as there have not been very many meetings announced.

Jennifer opened the invitation for at least a few of the administrators to attend the celebration event that will be coming up soon.

Motion for adjournment at 2:50 pm. (1. B. Clabatz/2. M. Turben) Carried.

Respectfully submitted,



S. Lynette Willis