

WELLNESS COMMITTEE MEETING MINUTES

Friday, April 28, 2023

The meeting was called to order by Brenda Clabbatz at 11:05 AM.

Brenda began the meeting by stating what a great job Melissa Turben and Stephanie Donoghue are doing with the newsletters.

Amanda Ongley explained some menu changes coming to the cafeteria next year. This year Nutrition, Inc. did a corporate menu. The same menu was served on the same day in every facility managed by Nutrition. While this had some benefits, Amanda stated that the kids were asking about some food favorites that were not being served. Next year, each kitchen can choose their own menu again. Amanda stated that she will use the corporate menu as a guideline but will be bringing back a lot of the student favorites. Dan asked about the impact this may have on the budget. Amanda said that she will definitely have to monitor it more closely as she had to before, but that in many areas it will be a wash. Some of the foods under the corporate menu were not going over well and there was more waste.

Amanda also reported that offering the breakfast sandwiches daily has been a huge positive at the Middle High School. They are wanting to keep this as a daily option for next year and will be requesting the additional 15 minutes per day for two employees for prepping these. The sandwiches, however, do not go over as well at the elementary buildings and will not be offered regularly as they are at the Middle High School.

Brenda noted that she has applied for the Fresh Fruits and Vegetable Program (FFVP) again next year. She also updated everyone that CASD is due for a cafeteria review in May. The CAPS café will be under review for the entire day to capture the Breakfast in the Classroom, lunch and the FFVP distribution as well. Teresa is aware that this will be taking place at some point during May. Melissa Kingman has also requested five minutes to speak with the CAPS teachers on the May 12th In-service day. This brief presentation will be about discussing the requirements of posting items in each classroom such as the menu. Dan said this should not be a problem.

Melissa asked if everyone felt that the bi-monthly newsletter is sufficient. Everyone said that it is working well. It was agreed by all present that an email could be sent District wide regarding the gym reimbursement as opposed to doing an extra newsletter and putting that in as the highlight topic.

Melissa stated that Jana Sampsell has started a new Thursday evening walking club S.W.A.T. (Sprinters, Walkers, And Trash talkers). It has gone over well.

Melissa's final topic was student representation. One of the reps went to cyber school and the other has missed a lot of school. She has in mind a few more students. It was agreed by all present that Melissa could check with students that she feels will fit well with this Committee's objectives. It was recommended that she try and find students who will be able to attend for a few years so that they can be involved for a longer period of time.

It was noted that the blood pressure cuffs provided by Blue Zones are used. And that the water bottle fillers are also frequently used in every building. The under the desk bike units are a good concept. However, they do not fit under the desk and therefore are not being used.

Brenda noted that when Blue Zones was active, they had requested additional meetings in a year. However, because having four meetings is not set by policy she feels we could return to two meetings a year. A motion was made to return to two meetings a year and then have additional meeting if needed and/or call additional meetings just for the health fair when that is being planned again.

(1. B. Clabbatz/2. B. West) Carried.

There being no further business, a motion was made to adjourn at 11:23 AM

(1. B. Clabbatz/2. B. West) Carried.

Respectfully submitted,

Brenda Clabbatz

Brenda Clabbatz