

## Wellness Advisory Committee

Soldotna Prep PD Room

Facilitator: Christine Ermold on behalf of John Pothast

October 12, 2015

Recorder: Tiffany Eck

10:00 a.m. – 1:30 p.m.

Present: Kari Dendurent, Carmen Magee, Mark Fraad, Lisa Julissen, Joe Arness (in for Liz Downing), Dean Hamburg, Christine Ermold (in for John Pothast), Mike Illg (by phone) and Stacey Cockroft

10: 05 a.m. **Welcome, Introductions, and Review of Agenda – Christine Ermold**

- ❖ Removed the first agenda item (Review of Homer Community Survey). We will add that to the agenda for the next meeting.
- ❖ Added a Health Services Update to the agenda, after the lunch break

11:11 a.m. **Review of Wellness Survey results – Christine Ermold, group participation**

- ❖ We went around the room and each person identified things on the survey that jumped out at them
  - Kari had concerns regarding the number of administrator, or lack thereof, participation. Based on the responses from the parent survey, there needs to be more communication between the schools and parents.
  - Carmen agreed with Kari's concerns, and added that she thought there would have been more parent participation.
  - Mark shared his thoughts on the question regarding whether or not school withheld physical activity as a form of punishment. He indicated that Seward El uses additional PE time as a reward. He thought that survey participation would increase if the participants saw improvements from the survey results.
  - Lisa requested that the survey be sent directly to those that we want to take it, and not through the building admins to distribute. She still sees food being used as a reward in schools. She would like more information on after hours building use by staff and families.
  - Joe had concerns about the lack of participation at the Elementary level, considering that the majority of these topics can be addressed and behaviors modified more so at that level.
  - Dean wanted to include his comments in his presentation later in the meeting.
  - Mike thought that question 11 on the amin/nurse survey was too broad. We do offer the space however there are limiting factors to outside entities being able to use the space (i.e. additional insurance policies, custodial fees, etc.)

10:41 a.m. **Review of NSLP (2016/17)**

- ❖ Review of school breakfast and lunch programs at KPBSD.
- ❖ District wide we are about 46% of families qualify for free-reduced price meals.
- ❖ AK receives the highest per meal/per student reimbursement in the nation.

12:05 p.m.      **Break for Lunch**

12:30 p.m.      **Health Services Update – Carmen Magee**

- ❖ Watched a short video on Squord. This is a program that Providence in Seward is promoting and will be working with Seward Middle and High Schools next school year. The program encourages participation in physical activities through wristbands that report activity levels. The committee is interested in seeing how this program works.

12:45 p.m.      **Future Direction for the Wellness Committee – Christine Ermold**

- ❖ Review of BP/AR 5040, the Wellness Committee Charge, and the exhibit associated with BP 5040. Request for membership commitment for the next school year.
- ❖ Each school has to have a wellness policy with 5 key items. The key items are addressed in the board policy. Group discussion regarding the intent of the committee and what the committee members would like to see happen.
- ❖ Thoughts on the committee being driven by the survey and a request to ask for more specific information on the survey to assist the committee on direction for the coming school year(s)
- ❖ Committee members would like to show schools what they can do within the wellness policy, and not what they cannot do.
- ❖ The committee would like to have more open communication with the schools and parents about wellness
- ❖ Prior to the next meeting, the committee members should take a look at the committee and ask yourself how best to make change.
- ❖ One committee member asked everyone to consider the additional commitments if we want to have this committee reach out a bit more.
- ❖ One committee member shared thoughts that it would be beneficial for the students to see the staff make good choices, being mindful of what they are bringing into the schools and to meetings.

**Next meeting to be scheduled for January 2016, date, location and time TBD.**

1:28 p.m.      **Adjourn**