



[October 29, 2020](#)

[May 13, 2021](#)

Members: Mike Illg - School Board
Melissa Linton, District Office Administrator
Mark Fraad - PE Teacher, Seward Elementary
Lisa Julissen - PE Teacher, Soldotna Elementary
Stacy Cockroft - District Office
Diane Buchanan - District Nutrition
Iris Wertz - District Charge Nurse
William Withrow - Principal, Redoubt Elementary
Selma Casagranda - Student Representative, Seward High School
Amorette Payment - Community Member, Parent
Tela O'Donnell - Community Member, Parent

[October 29, 2020](#)

Virtual Meeting 2:00-3:00 pm

[ZOOM LINK](#)

Present: [GOOGLE FORM](#)

Agenda

Welcome and Introductions
Review of our Committee's Charge
Updates from Nutrition (DB)
Survey revision
Next steps and closing

October 29, 2020

Introduction of all members - Round Robin for introductions and sharing of one thing we are doing to take care of ourselves during "the Vid."

Discussion about getting back on track - meeting regularly

Board Policy 5040 - revision done last year due to updated guidelines and add language regarding using physical activity as a reward, not a punishment. Our hands are tied a bit with the nutrition piece because of budget constraints but we do meet the guidelines.

Our charge is to monitor, review and revise our policy. Making sure schools are providing the requisite activity time, encouraging health snacks.

(Due to COVID19, policy revision is being postponed - a while.)

Placing more emphasis on social-emotional well-being.

To-do list - review old surveys and decide how to make a better one.

Discussion around making the survey small or tagging it on to another one. A long survey will not get as good a response among staff. Possible way to incentivise the survey?

Next step also - is there other data we can use besides survey to report to the board. Data that Dianne has about lunches and breakfasts and who is accessing them is an example.

Data gives us a snapshot if we want that. Dianne - in Red we are only serving 800 meals a day and meals are free. What is getting in the way?

Comment about surveys giving people a way to be heard, affecting change, do we do it once or twice a year? In "concern" calls that Melissa fields, none of them has been about food. Mostly about mental/emotional concerns.

Timeliness of surveys are important. Holidays coming on and other stressors have to be considered.

Wellness component will be very important for recovery.

Timeline? Typically Melissa does presentation in June when it's less busy.

Pulling data from other sources might be alternative to survey for now.

Mindfulness and self-regulation training going on in schools. Dr. Chamberlain helped with PD.

Notes from student council meetings, time accounted to the state for trainings, Melissa has gotten a lot of emails around extra-curricular issues from students. Report saying what are people doing and what are their needs. Food service - different ways of getting more kids the meals. Can take a broad overview or focus on just one area, can we go for depth rather than breadth. If we gather the info, what do we do with it? Melissa will speak with Mr. Holland.

Maybe we start with Dianne's data and branch out from there. Info is not just for the board, it's an opportunity to educate the community at large, as well.

Summer food program allows us to feed everyone for free - serves less food and is less strict than breakfast program and is easier for us to meet requirements. Some items are hard to get.

Feeding K-3, 4-6, 7-12th with increasing food amounts with age. Meals can be had at any school, can give 5 meals/days at a time to limit needed trips during week. Winter challenges coming - staff standing out in cold to hand out meals. Ideas for advertising - radio ads? Students uninformed. Info has been on Facebook, on district website, KSRM. Sometimes people are overwhelmed with SO much communication. Bundle information? Melissa will talk with Pegge E.

For next agenda -

Mental/emotional piece, social and mental health. Selma will help keep track of student side.

Table this: Consideration for 4-day week - one more day of the week that students won't receive meals.

Gathering data - Melissa

How do we use the data

May 13, 2021

Members: Mike Illg - School Board - Present
Melissa Linton, District Office Administrator - Present
Mark Fraad - PE Teacher, Seward Elementary - Present
Lisa Julissen - PE Teacher, Soldotna Elementary - Present
Stacy Cockroft - District - Present
Diane Buchanan - District Nutrition - Present
Iris Wertz - District Charge Nurse - Present
William Withrow - Principal, Redoubt Elementary - Absent
Selma Casagranda - Student Representative, Seward High School - Absent
Amorette Payment - Community Member, Parent - Present
Tela O'Donnell - Community Member, Parent - Present
Melisa Miller - Homer School Nurse -Present

[Zoom Link](#)

Recording

Agenda

Welcome - Check in

[Review of our Committee's Charge](#) BP 5040

Share of Mark's article

Updates from Nutrition (DB)

Updates from (IW)

Survey and Report to the School Board (ML)

Guidance for [Smart Start Plan](#) to Mr. Holland (ML) - [Jamboard Link](#)

Closing and Next Steps

Mike - Thankful for 12 yr. Old getting her vaccine, AP - two students who have newborn kiddos can take classes online; MF - sick kitty is well and recovered, marriage is off to a good start; DB - IW Son graduated and other son could hood him, facebook; TB - SC - recently married; MM - daughter is able to compete in a tri; ML - ; DB - oldest grandson - returned from army from Jordan; ML - thank for kids and their activities; TB - Wrestling season was able to happen; LJ - back in school, So EI is doing great!

Mark Fraad shared:

Check out this interesting journal write up on Anchorage School District's [Wellness Initiative](#).

[A Mixed-Methods Evaluation of a School Wellness Initiative: An Examination of Longer Lunch Periods and More Physical Activity Opportunities, Anchorage Alaska](#)

Full article: <https://authors.elsevier.com/c/1cxKr7t0kPsoPP>

Juliana F. W. Cohen, ScM, ScD; Michael Scott, EdS; Melanie Sutton, MEd; Katie Cueva, MPH, ScD; Eleanor T. Shonkoff, MA, PhD; Roberta E. Goldman, PhD; Deborah N. Margolis, PhD; Ann E. Potempa, MPH; Karol Fink, MS, RDN; Sarah Gustus, MS; Mark Stock, PhD ; Here's a brief paste from the conclusions, but it's worth a read. Lots of practical specifics on helpful strategies to increase time to eat and be active in schools.

Conclusions: This study found that a wellness initiative that increased the amount of time students had to eat lunch, as well as increased opportunities for students to be physically active, has the potential to reduce student hunger levels and improve student focus and behavior in the classroom. The initiative was generally considered more successful in schools where there was greater buy-in from principals, teachers, and staff. Schools should consider similar initiatives that incorporate the suggested strategies to potentially improve outcomes among students.

MF

- Meals will be free for students again next year.
- Where students eat - more opportunity and longer times to eat their lunch in their classrooms
- Students who come back border line obese, conditioning - effects you can have .5 twice a week are limited.
- PD for general ed teachers who may need to implement PE
- Cohorts effective the schedule and the amount of time students can play - staffing

MI - Empower principals to find a schedule to meet the needs of their staff.

IW - Discontinuing cohorts have a good chance of being discontinued for next year. Reduction of 6 feet to 3 feet, and increase of vaccinations, CH wants to start the school year as normal as possible. Distancing and wearing masks

DB - Final decision to KPBSD will continue with all free meals for 2021-2022 school year. Feds will pay at a higher rate so we can afford to provide free meals 100% of students.

Summer food program is going away (NSLP)

Nutrition back to 2013-2014 school year. 100% whole grain and non-fat flavored milk. USDA has not come down on a final ruling.

It is difficult to get the calories for the upper grades because they have to serve fruit and veggies, and limited amount of protein and grain.

It is difficult to get the products to be had especially with the increase of protein items.

Diane B - Melissa and Diane will get together to discuss data for 270,000 lunches 118,000 breakfast, increase of 4% of meal counts, due to everything being free... especially breakfast (in classrooms).

TB - free lunch program has been so beneficial - unstigmatized the free meal program.

Universal free for the ever!

LJ - Regular milk UHT (Ultra High Temp) shelf stable milk.

IW - Not sure on how much the State is changing the Smart Start Program next year. Trying to remove barriers to the vaccinations for students. She is working on making clinics possible, safer our population will be. Some of the students have had cardiac damage from mild cases of Covid, changes in close contact, and quarantine requirements. Recommendations for schools are still the same.

Students do not need to wear masks for outside activities, but the adults do (from CDC) wear masks when they are around. Even if you are a vaccinated staff member, you still need to wear a mask.

TB - Wellness - Information that tries to figure out where people are. Try to gather information about where students are. What services do you use and how do students/parents access?

School Board - what is working? Strategies: what is working? How many students are engaged in an activity. More movement, more time for recess, these are the strategies that we have moving forward.

Next Steps:

Compile a report of soft and qualitative data that supports board policy 5040.
Review and revise survey for fall distribution