

Wellness Advisory Committee

5/3/11

Members present: Sean Dusek, Doris Cannon, Tim Vlasak, Trevan Walker, John Pothast, Liz Downing, Karin Sonnen, Heidi Stokes, Dean Hamburg, Naomi Walsworth

- A. Review of consolidated health and safety plan effort
 - a. Future role of advisory group
 - i. Expand membership to form subcommittees that oversee 1 of 8 areas addressed in plan
 - ii. Areas of focus in 2011-12 are Bullying, Drug/Alcohol/Tobacco prevention, and Family Community Involvement
 - b. Review of current efforts in areas of focus – current data from schools
- B. Review of District Wellness Policy survey
 - a. Strengths from data
 - i. Not withholding food
 - ii. Awareness of policy
 - iii. Schools available to outside groups
 - iv. Health curriculum
 - v. Physical activity not used as a punishment
 - b. Areas for improvement from data
 - i. Communication with parents
 - ii. School wellness committees activity
 - iii. Rewards
 - iv. Teacher background in health lacking
 - v. Health curriculum taught
 - vi. Implementation inconsistent
 - vii. Teacher knowledge of policy
 - viii. Definition of “Healthy”
- C. Next steps from Data
 - a. Sean will work with John O’Brien to develop start of the year communications with parents that schools can use until next committee meeting
 - b. Focus on curriculum implementation – middle school efforts
 - c. Work to expand committee membership – with specific priority on establishing more wellness committee activity across the district – sub group of site councils?
- D. Dean conducted overview of school lunch program with updated FDA information
 - a. Discussion on ala carte
 - b. Discussion on Paul Banks breakfast pilot

Next meeting will be established in the fall