

WELLNESS ADVISORY COMMITTEE MEETING

Borough Risk Management Building

May 1, 2012

Facilitator: John O'Brien

10:15 a.m. – 2 p.m.

Recorder: Jessie Huett

Present: Gretchen Bagley, Teri Diamond, Liz Downing, Mark Fraad, Dean Hamburg, John O'Brien, Karin Sonnen, Heidi Stokes, Naomi Walsworth

10:15 a.m. **Wellness Survey Results**

- Review of Nurses & Principals survey
 - Talk about who is in charge of what goes into vending machines. Elementary, middle, & high schools all have different standards. Coke/Pepsi aware of the different standards. Nikiski Elementary has caffeinated beverages in their machines. There should be a list of acceptable items at each building, should ask the federal government to provide a list of items addressed outside of the school breakfast and lunch program. Coke/Pepsi are trying to meet the standards better.
 - No directive to condone student food prizes, treats, ect... Celebrations may be once/month for birthdays. Each school has its own policy.
 - 3 respondents said their school does use physical activity as punishment.
 - Health should be taught as a stand-alone class in MS & HS. Elementary schools do have health curriculum but it may not always be taught due to time constraints.
 - Newsletter health information sent monthly to schools but not always included in newsletters.
- Review of Elementary Teacher survey – 104 respondents
 - 43% indicated their school uses food as a reward
 - 1 response that they withhold food and/or beverages
 - Talk about students who don't have lunch money, each school handles it differently.
 - 5 respondents use physical activity as punishment. Homework/losing recess privileges. Students should spend time doing homework rather than walking as a punishment.
 - Teaching health curriculum varies across the board. Teachers always addressing health skills (hand washing, coughing, sneezing, germs...)
 - Several schools/teachers exercise in class.
- Review of Parent survey- only 36 respondents
 - Added this year, will push for more response next year.
 - Talk about bullying escalation. Elementary schools do a better job dealing with bullying. PBIS/iSafe (for cyber bullying) are used, but looking at implementing a district wide anti-bullying program.
 - Keep talking about increasing emphasis on intramurals.
 - Talk about children's caloric intake at school, can they get too many calories? If a student consumes all meal items and returns for more, they can. The full meal contains the right amount of calories.

11:45 a.m. **Review of Youth Risk Data**

12:13 p.m. **Review of Alcohol/Tobacco/Drugs/Weapons Offenses**

12:31 p.m. **Statewide Obesity Study**

- Almost all schools on the Peninsula are participating (a few small schools are not) in the study. The data will be used mostly locally for grants in the future.

12:38 p.m. **National School Meal Programs**

- Operating under the National School Lunch Act, 30 sites are offering reimbursable breakfasts.
- USDA offers fresh fruit and vegetable programs, through the State of Alaska funding was provided 5 years ago. KPBSD initially qualified for 4 sites, those being the schools that have a higher rate of students qualified for free/reduced meals. 14 KPBSD sites now qualify. All of the funding goes towards food, labor expenses are paid with other funding. Budgeted amount for 14 sites to have fresh fruit/veggies 3 times/week is \$160K. Numbers for the 2012/2013 school year will be taken on 10/31/12.
- McNeil Canyon has an after school snack program.
- 2012 school lunch dietary guidelines came out in January. Smaller portion entrée size makes for larger side portions of fruit and veggies. There is a list of breakfast/lunch patterns, no sugar language is addressed in the patterns. Sodium content has continued reductions, and there is encouragement to introduce more colorful fruits & veggies. The standards go up in all categories next year.
- Funding for the National School Lunch Program is in place for the next 4-6 years. Senate Bill 3 went through and got stuck in the house, the capital budget added 3 million towards the free/reduced meal programs to encourage purchasing foods produced in Alaska.
- Dean is on the National Wellness Committee to make sure rural schools are recognized. KPBSD has 30 breakfast and 34 lunch programs. LOVE, Inc. serves those locations that don't have breakfast programs. Some small school's programs vary due to logistics, enrollment, participation numbers, ect...

1:11 p.m. **Health & Wellness Institute**

- October 29 - 31, 2012, Captain Cook Hotel, Anchorage
- Wellness Advisory Committee members to email Jessie Huett if interested in attending conference

1:15 p.m. **AASB Instruction: Student Nutrition and Physical Activity**

- Someone needs to sit down with a list of vending machine products and decide what may/may not be offered in schools.
- There has been a reduction on offering A'la Cart food sales, they are unencumbered. More focus to be geared towards reimbursable meals.
- In regards to beverage sales, water can't have additives. Juices are ok, carbonated beverages are not.
- Dean Hamburg is working on getting LCD screens at schools in the cafeteria that tell students where their lunch came from.

1:41 p.m. **Ideas & Issues**

- Increase fruit & veggie snacks offered at schools. Liz Downing wants to be able to offer fresh fruits/veggies at all KPBSD schools, even if it's once per week (will need to work with Dean Hamburg on this).
- Look into vending machine compliance. Call Coke/Pepsi for lists.
- Get a better handle on bullying district wide.
- Improve staff wellness.
 - Teachers need to be good role models.
 - Ask district to provide flu shots for employees on site. Naomi has a provider willing to go to school sites to provide flu shots.
 - Encourage sites to be more active.
- Members to email Jessie Huett if interested on serving on committee for SY 2012-2013.
 - Last year there was a student member, possibility of having one next year.
- Try to work on decreasing hunger issues and obesity.
- Work on decreasing drug & alcohol abuse.
- Encourage individual schools to put together Wellness Committees. Should this be an agenda item for site counsels?
- Naomi Walsworth is working on getting AEDs back in all schools.
- Next meeting, November 6, 2012.